


















Heartsaver First Aid CPR AED Blended Course Outline

Approximate course duration: 2¼ hours

(Student-instructor ratio 6:1; student-manikin ratio 3:1)

Lesson times below are estimates and can vary from course to course.

Lesson	Course Event	Lesson Plan Actions and Time Estimate (in Minutes)
1	Course Introduction	 5
1A (optional)	Life Is Why Activity	  8
2	Adult CPR AED Part I: Scene Safety and Assessment Part II: Chest Compressions Part III: Giving Breaths Part IV: Use an AED Part V: Putting It All Together	 20
3	Adult CPR and AED Skills Test	  20
4	Child CPR AED Part I: Scene Safety and Assessment Part II: Chest Compressions Part III: Giving Breaths Part IV: Use an AED Part V: Putting It All Together	 15
5	Child CPR Skills Test	  12
6	Infant CPR Part I: Scene Safety and Assessment Part II: Chest Compressions Part III: Giving Breaths Part IV: Putting It All Together	 15
7	Infant CPR Skills Test	  12
8	Relief of Choking in a Responsive Infant	 2

Lesson	Course Event	Lesson Plan Actions and Time Estimate (in Minutes)
9	First Aid Part I: Removing Protective Gloves Part II: Finding the Problem Part III: Using an Epinephrine Pen Part IV: Controlling Bleeding and Bandaging	  30
10	Course Conclusion	  2