



AMERICAN SAFETY &
HEALTH INSTITUTE

MEDIC
First Aid



ADULT FIRST AID | CPR AED

The purpose of the HSI First Aid | CPR AED training program is for participants to gain or improve knowledge and skill proficiency in First Aid, CPR, and AED skills.

- ✓ HSI First Aid | CPR AED has been approved by the HSI Medical Advisory Board and reviewed by the HSI Advisory Council.
- ✓ Reflects the latest resuscitation science and treatment recommendations published by the International Liaison Committee on Resuscitation (ILCOR).
- ✓ Conforms with the 2020 American Heart Association (AHA) Guidelines Update for CPR and ECC and the annual Guidelines Update.

Intended audience

The intended audience is individuals who are not healthcare providers or professional rescuers who desire, or are occupationally required, to be trained and certified in adult first aid and/or CPR AED for the adult, child, or infant.

Class options

- Adult
- Child and Infant
- Adults, Child, and Infant

Delivery options

- Traditional Classroom
- Blended Learning
- Remote Skill Verification (RSV)

Instructional elements

- HSI Adult First Aid | CPR AED Skill Guide (one per participant)
- HSI Adult First Aid | CPR AED Instructor Guide (one per instructor, print or digital)
- HSI Adult First Aid | CPR AED media presentation (program video, or computer/online blended class)

Online portal

- Streaming/Offline video presentation player
- Create custom playlists
- Pre-built digital Performance Evaluations
- Track past, present and future classes

Certification period

- 2 years from month of issue

Student certification requirements

- Written evaluation: Required when specified by organizational, local, or state regulation. It is recommended for designated responders with a duty or employer expectation to respond in an emergency and provide first aid care.
- Performance evaluation: All students must perform required skills competently without assistance.

Recommended time to complete

- Adult First Aid | Adult/Child/Infant CPR AED: 4 1/2 - 6 1/2 hours
- Adult/Child/Infant CPR AED: 1 1/2 - 3 hours
- Adult First Aid: 3 1/2 hours





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EMS
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Class topics

- Sudden Cardiac Arrest (SCA)
- CPR and Defibrillation
- Chain of Survival
- Assessment & Chest Compressions
- Rescue Breathing & Using a CPR Mask
- Using an AED
- Opioid-Associated Emergency
- Relief of Choking
- First Aid Assessment
- Taking Precautions
- Activating EMS and/or EAP
- Responding to External and Internal Bleeding
- Direct Manual Pressure & Bandaging
- Using a Tourniquet (Improvised and Commercial)
- Shock
- Minor Wounds
- Tooth and Eye Injuries
- Amputated Body Parts
- Open Wounds
- Head, Neck, or Spinal Injury
- Concussion
- Bone, Joint, and Muscle Injuries
- Splinting
- Burns
- Altered Mental States
- Poisoning
- Opioid-Associated Emergency
- Difficulty Breathing and Asthma
- Severe Allergic Reaction (Anaphylaxis)
- Using an Epinephrine Autoinjector (such as EpiPen®)
- Heart Attack
- Stroke
- Seizure
- Diabetes and Hypoglycemia
- Presyncope and Syncope
- Heat and Cold Emergencies
- Bites and Stings

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