



AMERICAN SAFETY &  
HEALTH INSTITUTE

MEDIC  
First Aid

EMS  
SAFETY

# ADULT FIRST AID

- ✓ 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.

## Course highlights

- Designed for individuals who are not healthcare providers or professional rescuers who desire, or are occupationally required, to be trained and certified in first aid
- Scenario videos, full-color digital and printed materials, and clear, concise course content
- 2-year certification
- 2 - 3 ½ hour class

## Course topics include:

- Responding to External and Internal Bleeding
- Direct Manual Pressure & Bandaging
- Using a Tourniquet (Improvised and Commercial)
- Shock
- Common Injuries
- Concussion
- Burns
- Poisoning
- Opioid-Associated Emergency
- Difficulty Breathing and Asthma
- Severe Allergic Reaction (Anaphylaxis)
- Heart Attack, Stroke and Seizure
- Diabetes and Hypoglycemia
- Heat and Cold Emergencies
- Bites and Stings

