



## **Heartsaver® First Aid CPR AED Objectives**

- Describe how high-quality CPR improves survival
- Explain the concept of the Chain of Survival
- Recognize when someone needs CPR
- Describe how to perform CPR with help from others
- Demonstrate giving effective breaths by using mouth to mouth or a mask for all age groups
- Demonstrate performing high-quality CPR for an adult, a child, and an infant
- Demonstrate using an AED on an adult and on a child
- Describe when and how to help a choking adult or child
- Demonstrate how to help a choking infant
- List the priorities, roles, and responsibilities of first aid rescuers
- Describe the key steps in first aid
- Demonstrate removing protective gloves
- Demonstrate finding the problem
- Describe the assessment and first aid actions for these life-threatening conditions: heart attack, difficulty breathing, choking, severe bleeding, shock, and stroke
- Describe when and how to help a choking adult, child, or infant
- Demonstrate how to help a choking infant
- Demonstrate how to use an epinephrine pen
- Demonstrate how to control bleeding and apply bandaging
- Recognize elements of common illnesses and injuries
- Describe the benefits of living a healthy lifestyle and the risks of smoking and vaping
- Describe how to find information on preventing illness and injury
- Recognize the legal questions that apply to first aid rescuers

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## **Heartsaver® Pediatric First Aid CPR AED Objectives**

- List the duties, roles, and responsibilities of a first aid rescuer
- Describe the 4 key steps in pediatric first aid: prevent, protect, assess, and act
- Remove protective gloves (skill students will demonstrate)
- Find the problem (skill students will demonstrate)
- Describe the assessment and first aid actions for the following life-threatening conditions: difficulty breathing, choking, severe bleeding, and shock
- Control bleeding and bandaging (skills students will demonstrate)
- Use an epinephrine pen (skill students will demonstrate)
- Recognize elements of common illnesses and injuries
- Describe how to find information on preventing illness and injury
- Describe the risks of smoking and vaping and the benefits of a healthy lifestyle
- Describe how high-quality CPR improves survival
- Explain the concepts of the Chain of Survival
- Recognize when someone needs CPR
- Perform high-quality CPR for all age groups
- Describe how to perform CPR with help from others
- Give effective breaths by using mouth-to-mouth or a mask for all age groups
- Demonstrate how to use an AED on children and adults



- Describe when and how to help someone who is choking
- Recognize the legal questions that apply to first aid rescuers

## **Heartsaver® Bloodborne Pathogens Objectives**

- Explain the purpose of taking the course
- Define bloodborne pathogens
- Describe the four main steps for staying safe when facing an occupational exposure
- Discuss how universal precautions, personal protective equipment, and hand washing can protect you from infection
- Recognize warning signs and labels for biohazards
- Discuss how to dispose of sharps and other blood-containing items
- Recall how to safely remove gloves
- Discuss your exposure control plan