

Heartsaver First Aid CPR AED Agenda for the Educator Course Path

Approximate course path duration without optional topics: 3 hours;
time may be extended with additional topics

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

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

Lesson	Duration (in minutes)
Adult CPR AED	
Lesson 1: Adult CPR AED Introduction	9
Lesson 2: Adult CPR	28
Lesson 3: Use an AED (Adult)	8
Lesson 4: Adult CPR AED Conclusion	2
Lesson 5: Adult CPR and AED Skills Test	20
Lesson 6: Drug Overdose: Opioid-Associated Life-Threatening Emergencies (Optional)	Topic not required (3 if added)
Lesson 7: Adult Choking	5
Lesson 8: Water Safety (Optional)	Topic not required (4 if added)
Break	5
Child CPR AED	
Lesson 1: Child CPR AED Introduction	9
Lesson 2: Use an AED (Child)	14
Lesson 3: Child CPR Skills Test	15
Lesson 4: Child Choking	3
Lesson 5: Conclusion (Delete if teaching Infant CPR)	2
Infant CPR (Optional ; if teaching, add 37 minutes to course path duration)	
Lesson 1: Infant CPR Introduction	2
Lesson 2: Infant CPR	18
Lesson 3: Infant CPR Conclusion	2
Lesson 4: Infant CPR Skills Test	12
Lesson 5: Infant Choking	3
Lesson 6: Conclusion	2
Break	5
First Aid	
Lesson 1: Introduction	7
Lesson 2: First Aid Basics: Duties and Key Steps	23
Lesson 3: First Aid Basics Summary	2
Lesson 4: Medical Emergencies (Contains optional topics)	15 for required topics (20 for all topics)
Lesson 5: Medical Emergencies Summary	2
Lesson 6: Injury Emergencies (Contains optional topics)	30 for required topics (33 for all topics)

Lesson	Duration (in minutes)
Lesson 7: Injury Emergencies Summary	2
Lesson 8: Environmental Emergencies	20
Lesson 9: Environmental Emergencies Summary	2
Lesson 10: Prevention Strategies (Contains optional topics)	4 for required topics (6 for all topics)
Lesson 11: Preventing Illness and Injury; Legal Questions	2
Lesson 12: Conclusion	2