

# Heartsaver® First Aid CPR AED Sample Agenda for Schools



## First Aid Lessons

Lesson Map	Session 1 (30 minutes)	Time (minutes)
HS START	Welcome (if CPR AED is not taught first)	7
HS FA 1	First Aid Basics	11
HS FA 2	First Aid Basics: Taking Off Gloves Practice	1
HS FA 3	First Aid Basics: Taking Off Gloves Test	5
HS FA 4	First Aid Basics Continued	6
<b>Session 2 (38 minutes)</b>		
HS FA 5	First Aid Basics: Finding the Problem	2
HS FA 6	First Aid Basics: Finding the Problem Practice	6
HS FA 7	First Aid Basics: Finding the Problem Test	9
HS FA 8	First Aid Basics: Summary and Review	3
HS FA 9	Medical Emergencies	9
HS FA 10	Medical Emergencies: Epinephrine Pen Practice	4
HS FA 11	Medical Emergencies: Epinephrine Pen Test	5
<b>Session 3 (37 minutes)</b>		
HS FA 12	Medical Emergencies Continued	15
HS FA 13	Medical Emergencies: Review	2
HS FA 14	Injury Emergencies	5
HS FA 15	Injury Emergencies: Stopping Bleeding Practice	5
HS FA 16	Injury Emergencies: Stopping Bleeding Test	10
<b>Session 4 (35 minutes)</b>		
HS FA 17	Injury Emergencies Continued	20
HS FA 17A	Injury Emergencies: Splinting Practice (optional)	8
HS FA 18	Injury Emergencies Continued	5
HS FA 19	Injury Emergencies: Review	2
<b>Session 5 (30 minutes)</b>		
HS FA 20	Environmental Emergencies	27
HS FA 21	Environmental Emergencies Review and First Aid Summary	3

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## CPR AED Lessons

<b>Adult CPR AED</b>		
<b>Lesson Map</b>	<b>Session 1 (28 minutes)</b>	<b>Time (minutes)</b>
<b>HS START</b>	Welcome (if First Aid is not taught first)	7
<b>HS CPR A 1</b>	Introduction	3
<b>HS CPR A 2</b>	Compressions	7
<b>HS CPR A 3</b>	Prepare to Give Breaths	3
<b>HS CPR A 4</b>	Give Breaths	8
<b>Session 2 (32 minutes)</b>		
<b>HS CPR A 5</b>	Use a Mask	8
<b>HS CPR A 6</b>	Compressions and Give Breaths (With a Mask)	5
<b>HS CPR A 7</b>	Use an AED	9
<b>HS CPR A 8</b>	Assess and Phone	2
<b>HS CPR A 9</b>	Put It All Together	4
<b>HS CPR A 12</b>	Choking (if First Aid is not taught)	4
<b>Session 3 (39 minutes)</b>		
<b>HS CPR A 10</b>	CPR AED Practice	23
<b>HS CPR A 11</b>	CPR AED Test	15
<b>HS CPR A 13</b>	Summary	1
<b>Child CPR AED (optional)</b>		
<b>Session 4 (29 minutes)</b>		
<b>HS CPR C 14</b>	Introduction	10
<b>HS CPR C 15</b>	CPR AED Practice	10
<b>HS CPR C 16</b>	CPR AED Test	4
<b>HS CPR C 17</b>	Choking	4
<b>HS CPR C 18</b>	Summary	1

(continued)

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## CPR AED Lessons *(continued)*

<b>Infant CPR (optional)</b>		
<b>Lesson Map</b>	<b>Session 5 (35 minutes)</b>	<b>Time (minutes)</b>
HS CPR INF 19	Introduction	1
HS CPR INF 20	Compressions	7
HS CPR INF 21	Give Breaths	8
HS CPR INF 22	Compressions and Give Breaths	5
HS CPR INF 23	Assess and Phone	2
HS CPR INF 24	Put It All Together	3
HS CPR INF 27	Choking	4
HS CPR INF 28	Give Breaths With a Mask (optional)	5
	<b>Session 6 (39 minutes)</b>	
HS CPR INF 24	Put It All Together (repeated)	3
HS CPR INF 25	CPR Practice	22
HS CPR INF 26	CPR Test	12
HS CPR INF 29	Summary	1
HS END 1	Course Conclusion	1