Heartsaver® First Aid CPR AED Course 2025 Guidelines FAQ

As of October 22, 2025

Heartsaver First Aid CPR AED Course Questions – 2025 Guidelines

General Course Information

Q: Who should take Heartsaver First Aid CPR AED courses?

A: The American Heart Association's Heartsaver First Aid CPR AED courses are designed for anyone with little or no medical training who needs first aid, CPR and AED training and a course completion card for job (e.g., OSHA), or other regulatory requirements. Heartsaver courses can also be taken by anyone who wants to be prepared to act in an emergency. *Note: Heartsaver Basic does not generally meet workplace or regulatory requirements.*

Q: What will students learn in the Heartsaver First Aid CPR AED courses?

A: Heartsaver courses prepare people to safely and effectively provide first aid, CPR and use of an AED at work, home or in the community.

At the end of the Heartsaver CPR AED Course, students will be able to:

- Demonstrate how to assess the scene in the event of an emergency
- Describe how CPR improves survival
- Explain the concepts of the Chain of Survival
- Recognize when someone needs CPR
- Perform CPR on an adult, a child, and an infant
- 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 using an AED on an adult
- Describe how to use an AED on a child and an infant
- Describe when and how to help a choking adult, child, and infant
- Discuss how to help someone experiencing an opioid-associated emergency
- Recognize the techniques that help prevent drowning emergencies
- Discuss initial actions to take when helping someone who has drowned
- Recognize the legal questions that apply to rescuers

At the end of the Heartsaver First Aid Course, students will be able to:

- Discuss how universal precautions, personal protective equipment (PPE), and handwashing can protect against germs and disease
- List the priorities, roles, and responsibilities of first aid responders
- Describe the key steps in first aid

- Describe the steps to remove protective gloves
- Demonstrate the steps to respond to a first aid emergency
- Describe the assessment and first aid actions for the following life-threatening conditions: heart attack, difficulty breathing, choking, severe bleeding, shock, and stroke
- Describe how to use an epinephrine autoinjector
- Demonstrate how to control bleeding and apply direct pressure and a bandage
- Recognize elements of common illnesses and injuries
- Describe how to prevent repetitive stress injuries and overexertion
- Recognize signs of mental health crisis in the workplace
- Recognize the legal questions that apply to first aid rescuers

NOTE: Course objectives vary based on the course topics taught. Students must successfully complete the course requirements and skills testing.

Q: What Heartsaver first aid and CPR training courses are available to learners?

A: Learners can take the following American Heart Association Heartsaver courses to learn how to respond in an emergency:

Heartsaver First Aid CPR AED

- Heartsaver Total – First Aid CPR AED (most popular)
- Heartsaver Basic – First Aid CPR AED

Heartsaver CPR AED

Heartsaver First Aid

Heartsaver Pediatric First Aid CPR AED

Heartsaver Bloodborne Pathogens is also available but has not been updated for 2025 Guidelines

Note: It is important to check with your organization to ensure you take the course that meets your employer requirements.

Q: What is the difference between Heartsaver Total and Heartsaver Basic?

A: **Heartsaver Total** is comprehensive training where students are required to take Adult CPR AED and all first aid course topics. Child and Infant CPR AED are optional. Upon successful completion of the course, students receive a 2-year course completion card that is designed to meet regulatory or OSHA requirements.

Heartsaver Basic gives students the flexibility of more optional topics. This course path DOES NOT meet regulatory or OSHA requirements.

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Q: Does Heartsaver provide Child and Infant first aid and CPR training?

A: There are optional Child and Infant CPR AED lessons included in the Heartsaver First Aid CPR AED and Heartsaver CPR AED courses. If you are primarily responsible for the care of young children and infants, Heartsaver Pediatric First Aid CPR AED is the recommended course to take. If in doubt, check with your employer to confirm which course best meets your organization's requirements.

Q: What are the different types of class options available with Heartsaver First Aid CPR AED courses?

A: Heartsaver courses are designed for anyone who is interested in learning first aid and CPR. The majority of courses are also designed for anyone who needs a course completion card for job, regulatory, or the US Occupational Safety and Health Administration (OSHA) requirements.

We provide 4 ways to take a Heartsaver course: a traditional Instructor-led course, blended learning with the hands-on portion in an in-person classroom, blended learning with the hands-on portion in a virtual classroom, and a self-directed learning experience (called *Heartsaver Direct*).

Instructor-Led Course (ILT)

Heartsaver Instructor-led courses are video-based and include group interaction with hands-on practice with coaching and feedback. These courses may be at an AHA Training Center or on-site at the organization's location.

Blended Learning (In Person)

Heartsaver blended-learning courses include an online portion that students can complete anywhere they have online access. These courses include a hands-on skills practice and testing session with an AHA Instructor; students will complete this hands-on portion in person.

Blended Learning (Virtual)

Heartsaver blended-learning courses include an online portion that students can complete anywhere they have online access. These courses include a hands-on skills practice and testing session with an AHA Instructor; students will complete this hands-on portion in a virtual classroom.

Heartsaver Direct (Self-guided)

Heartsaver Direct offers a self-directed learning experience in which students use hands- on training simulation technology and receive guidance from a virtual Instructor. Similar to blended learning, after completing the online course, students participate in hands-on warm-up exercises, practice sessions, and a skills test at a manikin training station.

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Q: What is Instructor-Led Training (ILT)?

A: Instructor-led training (ILT) refers to the learning format in which a qualified Instructor delivers the course content in real time, either in person or virtually. For Heartsaver® courses, this means participants are guided through the video-based curriculum by a Heartsaver and/or BLS American Heart Association (AHA) Instructor who provides:curriculum by a Heartsaver and/or BLS American Heart Association (AHA) instructor who provides:

- Live demonstrations of CPR, AED use, and first aid techniques
- Hands-on practice and expert feedback
- Immediate responses to learner questions
- Skills testing to ensure competency

Q: Is there a renewal version of this course?

A: No, there is not a separate renewal version of the Heartsaver First Aid CPR AED course.

Q: Why is the American Heart Association (AHA) the gold standard for first aid, CPR, and AED training?

A: The American Heart Association is a trusted leader in first aid and CPR training with over 2,700 Training Centers and 450,000 Instructors worldwide. The American Heart Association is recognized for:

Scientific Authority – American Heart Association develops the official CPR and Emergency Cardiovascular Care guidelines used worldwide.

Regulatory Compliance - Designed to meet OSHA and other workplace safety standards to keep employees safe.

Widespread Recognition - AHA training credentials are trusted and required by most hospitals and healthcare organizations.

High-Quality Training Standards - Courses include hands-on practice with feedback devices to ensure skill mastery.

Comprehensive Course Offerings - Flexible training options available for lay people and healthcare professionals in multiple formats to meet different needs

Innovation in Learning - Offers blended learning, simulation-based assessments, and classroom learning

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Course Curriculum

Q: What are the different ways Heartsaver First Aid CPR AED can be taught?

A: Heartsaver courses provide first aid and CPR skills for adults, children, and infants. Within this course, the following combinations are taught:

- First Aid
- Adult CPR AED, First Aid
- Adult CPR AED, Child CPR AED, First Aid
- Adult CPR AED, Infant CPR AED, First Aid
- Adult CPR AED, Child CPR AED, Infant CPR AED, First Aid
- Adult CPR AED
- Adult CPR AED, Child CPR AED
- Adult CPR AED, Infant CPR AED
- Adult CPR AED, Child CPR AED, Infant CPR AED

In addition to Heartsaver First Aid CPR AED courses, the following Heartsaver Pediatric First Aid CPR AED combinations can be taught:

- Child CPR AED, Infant CPR AED, Pediatric First Aid
- Child CPR AED, Infant CPR AED, Adult CPR AED, Pediatric First Aid

Heartsaver Course Path Options

There are 5 Heartsaver course paths to meet students' needs:
Heartsaver First Aid CPR AED (HeartsaverTotal),
Heartsaver First Aid CPR AED (Heartsaver Basic)
Heartsaver CPR AED
Heartsaver First Aid,
Heartsaver Pediatric First Aid CPR AED

- Heartsaver Total and Heartsaver Pediatric First Aid CPR AED: Students are required to take all course topics in these course paths. If all requirements are met, this course path results in a course completion card that is designed to meet regulatory or OSHA requirements.

- Heartsaver Basic: Students have the flexibility of optional topics. If all requirements are met, this course path results in a course completion card. However, this course path does not meet regulatory or OSHA requirements.
  For more information on the paths and topics available, please refer to Part 4: Additional Resources.

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Q: What are some of the key course updates included with the 202s version of the Heartsaver First Aid CPR AED Courses?

A: Heartsaver course updates include:

Updated Look and Feel

The 2025 Heartsaver courses have been fully updated with new content, including the following course features and enhancements:

- All new videos featuring a variety of trusted "experts" and helpers in various settings
- Latest motion capture animation to showcase more detailed learning sequences
- 3D animation to bring science to life
- Graphic overlays and animation to enhance demonstrations
- New icons to provide visual cues to key steps and concepts
- Enhanced storytelling with more optional survivor stories to customize class content
- Practice while watching videos

New Course Content

These new topics have been added ed to educate students on some of the major health issues in the workplace and our communities. These include:

- Repetitive Stress Injuries and Overexertion
- Recognizing Signs of Mental Health Crisis in the Workplace

In addition, the AHA has expanded the Drug Overdose section to include a demonstration of how to administer Naloxone. Reference the 2025 Heartsaver Course Topics and Path List for a detailed list of first aid and CPR topics included in each Heartsaver course.

Stop The Bleed®

The American Heart Association continues to partner with the national Stop the Bleed® campaign to provide students with comprehensive training on external bleeding.

Course Material Updates

Combined Heartsaver Student Workbook

There is one Heartsaver First Aid Student Workbook that contains the student curriculum for both the Heartsaver First Aid CPR AED and Heartsaver Pediatric First Aid CPR AED courses. The American

Heart Association previously produced four different workbook variations. The workbook has also been redesigned to a more compact reference format.

Combined Instructor Manual
The Heartsaver First Aid CPR AED, Heartsaver CPR AED, Heartsaver First Aid Student Workbook, and the Heartsaver Pediatric First Aid CPR AED Student Workbook (printed and eBook versions) have been combined into one student workbook that contains supporting material for each of the courses.

Q: What are the course completion requirements for the Heartsaver First Aid CPR AED Courses?

A: To complete a Heartsaver course and earn a Heartsaver course completion card, students must successfully complete the course curriculum and pass the following skills tests for the Heartsaver course that they are taking:

Heartsaver First Aid CPR AED Course

Heartsaver Total Course Path

- Adult CPR and AED Skills Test
- Child CPR Skills Test (if teaching Child CPR)
- Infant CPR Skills Test (if teaching Infant CPR)
- First Aid Skills Test

Heartsaver Basic Course Path

- Adult CPR and AED Skills Test
- Child CPR Skills Test (if teaching Child CPR)
- Infant CPR Skills Test (if teaching Infant CPR)
- First Aid Skills Test

Heartsaver CPR AED Course

- Adult CPR and AED Skills Test
- Child CPR Skills Test (if teaching Child CPR)
- Infant CPR Skills Test (if teaching Infant CPR)

Heartsaver First Aid Course

- First Aid Skills Test

Course Materials

Q: What course materials are available for the Heartsaver First Aid CPR AED Courses?

A: Materials for these courses are available for purchase through ShopCPR. Materials include:

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Student Materials

Note: The Heartsaver First Aid CPR AED, Heartsaver CPR AED, Heartsaver First Aid Student Workbook and the Heartsaver Pediatric First Aid CPR AED Student Workbook (printed and eBook versions) have been combined into one student workbook that contains supporting material for each of the courses.

- 25-1184 Heartsaver First Aid CPR AED Student Workbook
- 25-3149 Heartsaver First Aid CPR AED Student Workbook eBook
  - Includes 25-3118 Heartsaver First Aid CPR AED Digital Reference Guide
  - Includes 25-3119 Heartsaver Pediatric First Aid CPR AED Digital Reference Guide

Note: Student eLearning courses are listed in the Heartsaver Blended Learning FAQ

Instructor Materials

Note: The Heartsaver First Aid CPR AED and Heartsaver Pediatric First Aid CPR AED Instructor Manuals have been combined into one Heartsaver Instructor Manual providing instructional material for both sets of courses.

Instructor Resources

- 25-1185 Heartsaver Instructor Manual
- 25-3148 Heartsaver Instructor Manual eBook
- 25-1123 Heartsaver First Aid CPR AED Course DVD Set (2-disc)
- 25-1147 Heartsaver First Aid CPR AED Course Videos on USB Drive
- 25-1429 Heartsaver First Aid CPR AED Digital Course Videos

- 25-1188 Heartsaver Instructor Package: Digital & Streaming Videos
- 25-1189 Heartsaver Instructor Package: USB Videos
- 25-1190 Heartsaver Instructor Package: DVD Videos

Course Completion Cards

- 25-3002 Heartsaver First Aid CPR AED eCard
- 25-3004 Heartsaver CPR AED eCard
- 25-3005 Heartsaver First Aid eCard
- 25-3011 Heartsaver for K-12 Schools eCard
- 25-3003 Heartsaver Pediatric First Aid CPR AED eCard
- 25-2819 Heartsaver for K-12 Schools Card (24 pack)
- 25-2812 Heartsaver First Aid CPR AED Card (24 pack)

Instructors may also access additional Instructor course materials on the Heartsaver Course Landing page on Atlas (log in required).

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*Heartsaver Convenience Bundles**

Heartsaver Blended Learning Bundles

- 25-1494 Heartsaver® First Aid Blended Learning Bundle (eLearning with eBook,eCard)
- 25-1644 Heartsaver® CPR AED for K-12 Blended Learning Bundle (eLearning with eBook, eCard)
- 25-1498 Heartsaver® CPR AED Blended Learning Bundle (eLearning with eBook, eCard)
- 25-1601 Heartsaver® First Aid CPR AED Blended Learning Bundle (eLearning with eBook, eCard)
- 25-1600 Heartsaver® First Aid CPR AED for K-12 Blended Learning Bundle (eLearning with eBook, eCard)
- 25-1496 Heartsaver® Pediatric First Aid CPR AED Blended Learning Bundle (eLearning with eBook, eCard)

Heartsaver Digital Bundles

- 25-1493 Heartsaver® First Aid Digital Bundle (eBook, eCard)
- 25-1497 Heartsaver® CPR AED Digital Bundle (eBook, eCard)
- 25-1492 Heartsaver® First Aid CPR AED Digital Bundle (eBook, eCard)
- 25-1499 Heartsaver® for K-12 Digital Bundle (eBook, eCard)
- 25-1495 Heartsaver® Pediatric First Aid CPR AED Digital Bundle (eBook, eCard)

Heartsaver Supplemental Materials

- 25-3118 Heartsaver First Aid CPR AED Digital Reference Guide
- 25-3119 Heartsaver Pediatric First Aid CPR Digital Reference Guide
- 25-1143 Heartsaver Adult CPR AED Wallet Card (100-pack)
- 25-1144 Heartsaver Child & Infant CPR AED Wallet Card (100-pack)
- 25-1145 Heartsaver Child & Infant Choking Wallet Card (100-pack)
- 25-1146 Heartsaver Poster Pack (12-pack)
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American Heart Association Training Supplies

- 20-3915 American Heart Association AED Trainer
- 20-3914 American Heart Assocation AED Trainer (4-pack)
- 20-3919 American Heart Association (AHA) First Aid Training Kit
- 20-3907 Manikin Disinfecting Wipes (50-count)
- 20-3905 CPR Manikin Face Shields (50 count)
- 20-3904 CPR Manikin Face Shields (100 count)
- 20-3918 Adult & Child CPR Training Masks (10 count)
- 20-3917 Infant CPR Training Masks (10 count)
- 20-3906 Adult & Child CPR Mask in Hard Case

- 20-3902 Adult, Child & Infant CPR Mask in Soft Case
- 20-3909 CPR Training Valves (10-count)
- 20-3908 CPR Training Valves (50-count)

Heartsaver Spanish language materials will be available in 2026.

Q: Why were the Heartsaver student workbooks combined into one workbook?

A: Based on research with Training Centers and Instructors, having multiple versions of the student workbooks made inventory management of the printed materials more challenging and caused some purchase confusion. Combining the workbooks while still providing detailed guidance by audience (Adult, Child, and Infant) continues to provide the necessary learner materials relevant to each course.

Q: Why was the Heartsaver Instructor Manual combined into one manual?

A: The American Heart Association wants to provide additional value to Heartsaver Instructors by providing access to the Instructor Manual for both Heartsaver First Aid CPR AED and Heartsaver Pediatric First Aid CPR AED courses.

Course Length

Q: How long are the Heartsaver First Aid CPR AED ILT courses?

A: Approximate times for each version of the Heartsaver Courses are listed below (does not include optional topics or breaks):

- Heartsaver Total - First Aid CPR AED – (3.5 hours without optional topics)
- Heartsaver Basic - First Aid CPR AED (2.25 hours without optional topics)
- Heartsaver CPR AED (1.5 hours without optional topics)
- Heartsaver First Aid (2.25 hours without optional topics)
- Heartsaver Pediatric First Aid CPR AED (4 hours without optional topics)

Class times reflect required topic video run time with some supporting discussion. Actual class times will vary based on topics taught, Instructor discussion style, class engagement, number of students and manikin ratio.

Teaching Heartsaver First Aid CPR AED ILT Courses

Q: Who can teach these courses?

A: 2025 Guidelines Heartsaver courses may be taught by AHA BLS and Heartsaver Instructors who have completed their required 2025 Guidelines Instructor Update for Heartsaver and have received and reviewed their 2025 Guidelines Heartsaver Instructor materials.

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Q: What resources are available to help Instructors understand the Heartsaver course options, available materials, and updates?

A: The Heartsaver Instructor Update and the Heartsaver Product & Course Orientation are available resources for Instructors to learn more.

Heartsaver Instructor Update

The 2025 AHA Guidelines Heartsaver® Instructor Update Course provides AHA Instructors updates on Interim Training Materials and guidance on how to use these materials to incorporate 2025 science and education updates. All US AHA Instructors must complete their required update by 11:59 p.m. February 28, 2026, to continue teaching AHA courses.

Heartsaver Product & Course Orientation

The AHA developed the Heartsaver Product & Course Orientation (P&CO) to help BLS and Heartsaver Instructors understand the new 2025 Guidelines Heartsaver course design and teaching strategies, and to quickly get up to speed on the latest and most important updates to the Heartsaver course materials. This orientation is available free of charge to Instructors through eLearning.Heart.org (log in required).

The Product and Course Orientation (P&CO) provides BLS and Heartsaver Instructors:

- Information about new course materials, course curriculum updates, and how the changes impact the way Instructors will teach the Heartsaver courses
- Details, clarification, and direction on various course formats
- Specifics about new Heartsaver course materials
- Steps to incorporate new updates into various course settings

While all BLS and Heartsaver Instructors are strongly encouraged to complete the P&CO before teaching the new course, it is not required. Viewing the P&CO is most helpful if Instructors have new course materials in-hand while viewing.

Heartsaver® Instructor Update and Product and Course Orientation Bundle

This new convenient product bundle includes both the Heartsaver Instructor Update and Heartsaver Product and Course Orientation. The course bundle can be assigned via Training Central or the Training Center's Learning Management System (LMS) to more easily manage Instructor course assignments and completions.

Additional course materials are accessible on Atlas.

Heartsaver® First Aid CPR AED Course 2025 Guidelines FAQ

2025 Heartsaver Exam

Q: Does the AHA require completion of an exam for Heartsaver courses?
A: No, the AHA does not require completion of an exam for Heartsaver courses. However, the AHA offers an exam for those students whose workplaces or regulatory agencies require the completion of an exam. Before class, Instructors should determine which students need to take the Heartsaver exam.

Q: Are students allowed to access resources when taking the Heartsaver Exam?
A: The AHA has an open-resource policy for exams. Open resource means that students may use resources as a reference while completing the exam. Resources could include the student workbook, either in printed form or as an eBook on personal devices, any notes the student took during the provider course, the AHA Guidelines for CPR and ECC, etc. Open resource does not mean open discussion with other students or the Instructor. Students may not interact with each other during the exam.

Continuing Education (CE) Information

Q: Does the Heartsaver First Aid CPR AED ILT Course offer continuing education (CE)?
A: No. CE is only offered for Heartsaver Online Courses. However, learners can contact their accrediting body to check if they will accept/award CE credits for this or any other AHA course you complete successfully. HR departments may also be able to help you identify sources for CE credits. Visit www.heart.org/claimce for additional information about CE.