Heartsaver® Pediatric First Aid CPR AED Blended Learning Course 2025 Guidelines FAQ

As of October 22, 2025

Heartsaver Pediatric First Aid CPR AED Blended Learning

Q: What is the American Heart Association's Heartsaver Pediatric First Aid CPR AED Blended Learning Course?

A: The American Heart Association's **Heartsaver® Pediatric First Aid CPR AED** course teaches critical lifesaving skills to respond to emergencies involving children and infants. Ideal for childcare workers, teachers, parents, and others who work with and care for children. This course includes pediatric first aid, child and infant CPR, and how to use an AED.

Students participate in hands-on practice and realistic scenarios to build confidence and readiness for emergencies in schools, daycare centers, homes, and community settings. Flexible training formats—blended learning, classroom, and self-guided learning—make it easier to fit learning into busy schedules.

The course reflects the **latest science** from the 2025 Association Guidelines for CPR and Emergency Cardiovascular Care (ECC), ensuring instruction is trusted and up to date. **Upon successful completion, students earn a course completion card valid for two years**. The course is designed to meet workplace safety and regulatory requirements, including OSHA, and helps prepare people to respond to emergencies in their communities.

The Heartsaver Pediatric First Aid CPR AED course can be taught in the following combinations:

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

Please note the following:

- In any course that includes both first aid and CPR, teach the CPR portion first.
- Choking is included in CPR AED courses and in the medical emergencies section in the First Aid courses.
  *Training options may vary by Training Center.

Q: What will students learn in this course?

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 Pediatric First Aid CPR AED Course, students will be able to:

- Demonstrate how to assess the scene in the event of an emergency involving a child or an infant
- Describe how CPR improves survival
- Explain the concepts of the Chain of Survival
- Recognize when a child or an infant needs CPR

- Perform CPR on a child, an infant, and an adult
- 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
- Describe how to use an AED on a child and an infant
- Demonstrate using an AED on an adult
- Describe when and how to help a choking child, infant, and adult
- Discuss how to help someone experiencing an opioid-associated emergency
- Recognize the techniques that help prevent pediatric drowning emergencies
- Discuss initial actions to take when helping a child or person who has drowned
- Discuss how universal precautions, PPE, and handwashing can protect against germs and disease
- List the priorities, roles, and responsibilities of first aid responders
- Describe the key steps in pediatric first aid
- Describe the steps to remove protective gloves
- Demonstrate the steps to respond to a pediatric first aid emergency
- Describe the assessment and first aid actions for the following life-threatening conditions: difficulty breathing, choking, heat-related injuries (dehydration), severe bleeding, pediatric shock, and diabetes and low blood sugar
- Describe how to use an epinephrine autoinjector
- Demonstrate how to control bleeding and apply direct pressure and a bandage
- Recognize elements of common pediatric illnesses and injuries
- 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 are some of the key updates included with the 2025 version of the of the Heartsaver Pediatric First Aid CPR AED Blended Learning Courses?

A: The 2025 Heartsaver Pediatric First Aid CPR AED course includes the following updates:

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
- Enriched storytelling with selective survivor stories to customize course content
- 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

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eLearning Interactions and Features

- Completely refreshed
- Creative interactions to enhance engagement
- Students practice their skills virtually through robust activities
- The courses effectively prepare students for in-person skills testing
- Improved design synergy across course videos
- Light and dark mode options
- Mobile-friendly application

New topics have been added to educate students on some of the major health issues in the workplace and our communities. This includes:

- Expanded Drug Overdose section to include a demonstration of how to administer Naloxone

Benefits of a Healthy Lifestyle and Smoking/Vaping are no longer course topics. 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 Materials

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.

NOTE: For the student's convenience, Heartsaver Pediatric First Aid CPR AED Online contains a Heartsaver First Aid CPR AED eBook available for reference in the Resources section on the course launch page.

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.

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Q: **What is the blended learning format for these courses?**

A: Blended learning offers the convenience of digital learning. Students have the flexibility to take the cognitive portion of the course at their own pace, location, and on their own schedule.

Heartsaver Pediatric First Aid CPR AED Online uses a variety of eLearning assets such as dramatizations, animations, self-directed learning, and interactive activities to teach students first aid and/or CPR AED knowledge. Heartsaver blended learning courses have two components: an online portion that students complete on their own, and a classroom portion that students complete with a Heart Association instructor or approved technology . The classroom portion includes an Instructor-led, hands-on session that focuses on meaningful coaching, skills practice, and skills testing.

Also, for the students' convenience, this course contains a Heartsaver Pediatric First Aid CPR AED eBook available for reference in the Resources section on the course launch page.

Q: **Is a skills session/test required?**

A: A hands-on skills practice session for first aid, CPR, and AED, and a skills test for CPR and AED skills is required. During the skills practice session, students have the opportunity for one-on-one time with an Association Instructor to ask questions, receive feedback, and gain confidence performing skills.

Online Portion:

Q: **What are some of the benefits of Heartsaver Blended learning courses?**

A: Learn at your pace online, then practice and demonstrate skills with an expert Heart Association-certified Instructor for your course completion card.

Additional benefits of Heartsaver Blended learning courses include:

For employers and organizations

- **American Heart Association gold standard training,** backed by the latest training Guidelines, ensures consistent, evidence-based instruction across sites and shifts.
- **Less downtime, more flexibility:** Staff complete the online portion anytime, then attend a shorter scheduled skills session.
- **Customized training options** to match roles, worksites, and risk profiles—easily scale for new hires or distributed teams.
- **Innovative videos with practical visual aids** break down complex topics and skills into clear steps.
- **Videos are segmented into concise 2–3-minute chapters** to improve focus, retention, and avoid mental fatigue.
- **Operational efficiency:** Simple scheduling, digital records, and Heart Association eCards support audits and compliance documentation.
- **Better skills practice:** Learners arrive prepared, making Instructor time highly effective.

Heartsaver® Pediatric First Aid CPR AED Blended Learning Course 2025 Guidelines FAQ

For individual learners

- **Learn on your schedule:** Start, pause, and resume the online portion from any device.
- **American Heart Association gold standard training** you can trust, aligned with current science and best practices.
- **Innovative videos with practical visual aids** make complicated skills easy to understand and remember.
- **Videos are segmented into concise 2–3-minute chapters,** so you can learn in quick, focused sessions.
- **Confidence through practice:** Hands-on coaching with a Heart Association-certified Instructor cements real-world readiness.
- **Options that fit your goals:** Choose the Heartsaver course that matches your needs—First Aid, CPR AED, Pediatric, and more.
- **Fast proof of completion:** Receive an American Heart Association eCard from the Training Center after completing all components.

Q: What are some of the unique features of Heartsaver Pediatric First Aid CPR AED Online?

A: Following are features of Heartsaver Pediatric First Aid CPR AED Online:

- Students have the convenience of completing the course at their own pace at work, home, or wherever Internet access is available
- Can be used for initial or renewal training
- Includes interactive exercises and videos to engage students and provide periodic points of knowledge transference
- Certificate of completion available to print when the online portion has been completed successfully
- Students have access to all information in the online portion for 24 months after activation of their key to help reinforce what they have learned
- Includes audio and transcript for students who may have a hearing or visual disability
- Screen and text-sized options help meet diverse learning needs
- Resources section on the course launch page includes a Heartsaver Student Workbook eBook for the student's convenience

Q: Can a student log in and out of the course?

A: Yes. Students can enter and exit a course as often as necessary. However, if inactive for 30 minutes, the user session will expire. When this happens, a message will notify students their session expired. They will simply log in again and return to the course, where they will see all their completed exercises have been saved.

Q: Can course material be accessed after the online portion is completed?

A: Yes, students may access all material included in the Heartsaver online programs for 24 months (2 years) following initial activation of their course.

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Q: **Do students need to purchase a Heartsaver eBook or printed workbook along with the online portion of the course to meet the requirements outlined in the Program Administration Manual?**

A: No, for the student's convenience, each course contains a Heartsaver Pediatric First Aid CPR AED Student eBook available for reference in the Resources section on the course launch page.

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

A: To successfully complete a Heartsaver course and earn a Heartsaver course completion card, students must successfully complete the online course, then pass the following skills tests during the hands-on skills portion of the Heartsaver course or path that they are taking:

Heartsaver Pediatric First Aid CPR AED Course

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

Q: **Is there a renewal version of this course?**

A: No.

Course Materials

Q: **What materials are available for the Heartsaver Pediatric First Aid CPR AED Blended Learning Course?**

A: Materials for this course are currently available through ShopCPR . Materials include:

Student Materials:

- 25-1404 Heartsaver Pediatric First Aid CPR AED Online

Instructor Materials

- 25-1185 Heartsaver Instructor Manual
- 25-3148 Heartsaver Instructor Manual eBook
- 25-1121 Heartsaver Pediatric First Aid CPR AED Course DVD Set (2-disc)
- 25-1148 Heartsaver Pediatric First Aid CPR AED Course Videos on USB Drive
- 25-1428 Heartsaver Pediatric 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

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Heartsaver Convenience Bundles

- 25-1496 Heartsaver® Pediatric First Aid CPR AED Blended Learning Bundle (eLearning with eBook, eCard)
- 25-1495 Heartsaver® Pediatric First Aid CPR AED Digital Bundle (eBook, eCard)

Cards

- 25-3003 Heartsaver Pediatric First Aid CPR AED eCard

Supplemental Materials

- 25-3119 Heartsaver Pediatric First Aid Digital Reference Guide
- 25-3118 Heartsaver First Aid CPR AED 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)

American Heart Association Training Supplies

- 20-3915 American Heart Association AED Trainer
- 20-3914 American Heart Association 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)

Course Length

Q: How long is the Heartsaver Pediatric First Aid CPR AED Blended Learning Courses?

A: Approximate times for each version of the Heartsaver Courses are listed below:

Online Portion (dependent on the student's experience)

- Heartsaver Pediatric First Aid CPR AED Online (Heartsaver Total course path): 3 hours

Hands-on Skills Session

- Heartsaver Pediatric First Aid CPR AED: 2.25 hours

Heartsaver Pediatric First Aid CPR AED Online Portion Certificate of Completion

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Q: What is required for student entry into a Heartsaver Pediatric First Aid CPR AED hands-on skills session?

A: Upon successful completion of the online portion, students receive a certificate of completion which they must present for entry into an Instructor-led hands-on skills session.

Q: How can BLS and Heartsaver Instructors verify the authenticity of Heartsaver First Aid CPR AED online portion certificates of completion?

A: Instructors can verify certificates at https://elearning.heart.org/verify_certificate.

Teaching Heartsaver Pediatric First Aid CPR AED Blended Learning Courses

Q: Who can conduct hands-on skills sessions for Heartsaver Pediatric First Aid CPR AED Blended Learning Courses?

A: 2025 Guidelines Heartsaver skills sessions for blended learning courses may be conducted by American Heart Association 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.

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

A: The Association 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 (requires login with Association Instructor Network credentials).

The 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.

Instructor Update

Additional course materials can be accessed on the Heart Association Instructor Network Heartsaver page.

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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 Association 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. The exam will need to cover all the sections taught in the course.

Q: Are students allowed to access resources when taking the Heartsaver Exam?

A: The Heart Association has adopted 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 Association 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 Pediatric First Aid CPR AED Blended Learning Course offer continuing education (CE)?

A: The Association has applied for CE for the Heartsaver Pediatric First Aid CPR AED Blended Learning Course. Official accreditation statements to follow.

Technical Specifications

Q: What are the minimum technical requirements for the Heartsaver Pediatric First Aid and CPR AED online programs?

A: Minimum technical requirements are available at https://elearning.heart.org/courseTechnicalRequirement/9.