

Introduction

The CPR in Schools™: First Aid Course is a first aid program designed specifically for schools. Modules can be facilitated by any student or teacher within 1 class period. The American Heart Association (AHA) wants everyone to know how to help in an emergency. The easy-to-use CPR in Schools: First Aid Course teaches first aid skills to prepare students and teachers to act in an emergency.

CPR in Schools: First Aid Course Overview

The course has 11 modules:

1. Bleeding and Bandaging
2. Heat-Related Illnesses
3. Diabetes and Low Blood Sugar
4. Fainting
5. Seizures
6. Allergic Reactions
7. Concussion
8. Head, Neck, and Spine Injuries
9. Drug Overdose and Alcohol Poisoning
10. Risks of Smoking and Vaping
11. Benefits of a Healthy Lifestyle

You can facilitate each module on its own or facilitate multiple modules together, depending on the needs of your students. This program can be used alone or in combination with the CPR in Schools Training Kit™.

Role of the Facilitator

Any motivated person who wants to share first aid skills can be a CPR in Schools: First Aid Facilitator.

Remember, you do not have to be an AHA Instructor or have an AHA course completion card to be a facilitator. This is a video-based course, and the lessons in the course video will teach the students first aid skills.

As a facilitator, you'll help the class run smoothly. Your responsibilities include

- Creating a positive learning experience
- Preparing before the class, including planning all logistics
- Setting up equipment and the room
- Managing a successful course as outlined in this Facilitator Guide

Course Equipment

The following equipment is needed for the CPR in Schools: First Aid Course:

- Access to streaming video at **eBooks.heart.org**
- A computer and a monitor or screen big enough for all to see
- A room where you and the video can be heard easily and with enough space

Additional Information

For more information about the CPR in Schools: First Aid Course, including additional educational materials, visit **www.heart.org/CPRinSchoolsToolkit**.



Using Lesson Plans

You will use Lesson Plans to prepare for and facilitate the course while everyone follows along with the video.

When	How to Use
Before the course	<p>Review the Lesson Plans to understand</p> <ul style="list-style-type: none">• Precourse responsibilities• Objectives for each first aid module• Your role in the course• Resources that you need for the course• How to access the streaming video• What supplementary materials you'll need to print
During the course	<ul style="list-style-type: none">• Follow the Lesson Plans as you conduct the course to know what to do next• Help students achieve the objectives identified for each lesson

Understanding Icons

The icons in the Lesson Plans remind you to take certain actions during the course. The Lesson Plans include the following icons:

Icon	Action
	Discussion
	Play video

Precourse Lesson Plan

Facilitator Tips

Prepare for your role as a CPR in Schools: First Aid Facilitator. Review all sections of the Facilitator Guide, including Preparing for the Course and Facilitating the Course. The time you invest in this part of your preparation is important to students' success and will allow the course to run smoothly.

2 Weeks Before the Course

- Read the entire Facilitator Guide.
 - Watch the video.
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1 Week Before the Course

- Confirm room/space reservations.
 - Confirm that all equipment you are using is available and in good working order.
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1 Day Before the Course

- Review the Lesson Plans.
 - Make copies of the pretest and posttest for everyone.
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Day of the Course

- Get to class early to set up the room. Make sure that all technology and equipment are working properly. This will allow you to fix anything that doesn't work before class begins. The room and equipment setup are key to a successful class.

CPR in Schools: First Aid Course Lesson Plan

Facilitator Tips

- Put students at ease by talking with them as they come in.
- Be enthusiastic! Enthusiasm is contagious.
- Stay focused. Keep the course on track. This gives students the best chance of really learning first aid skills.
- Students may have questions. Facilitators are not expected to know all the answers. When students have questions, refer to the Common Questions Asked During Class at the end of this Facilitator Guide. If a student has a question that is not addressed in these materials, refer to the **AHA's Emergency Cardiovascular Care Materials Inquiry Form**.



Discussion: Introduction

- Thank the students for their time.
- Administer the pretest to students before beginning the course.
- Refer to the following table to remind students what they will learn during the course and how long each module is.

Module	Learning Objectives
Bleeding and Bandaging 5 minutes	<ul style="list-style-type: none">• Describe the signs of and first aid actions for bleeding and shock• Describe when and how to bandage a wound
Heat-Related Illnesses 4 minutes	<ul style="list-style-type: none">• Describe the signs of and first aid actions for heat-related emergencies: dehydration, heat cramps, heat exhaustion, and heat stroke
Diabetes and Low Blood Sugar 1½ minutes	<ul style="list-style-type: none">• Describe the signs of and first aid actions for diabetes and low blood sugar
Fainting 1 minute	<ul style="list-style-type: none">• Describe the signs of and first aid actions for fainting
Seizures 2 minutes	<ul style="list-style-type: none">• Describe the signs of and first aid actions for a seizure
Allergic Reactions 2½ minutes	<ul style="list-style-type: none">• Describe the signs of and first aid actions for mild to severe allergic reactions• Describe how to use an epinephrine pen
Concussion 2½ minutes	<ul style="list-style-type: none">• Describe the signs and symptoms of a concussion

(continued)

Module	Learning Objectives
Head, Neck, and Spine Injuries 2 minutes	<ul style="list-style-type: none"> Describe the signs of head, neck, and spine injuries
Drug Overdose and Alcohol Poisoning 5½ minutes	<ul style="list-style-type: none"> Describe the signs of and first aid actions for drug overdose and alcohol poisoning
Risks of Smoking and Vaping 3 minutes	<ul style="list-style-type: none"> Identify the health risks of smoking and vaping
Benefits of a Healthy Lifestyle 4½ minutes	<ul style="list-style-type: none"> Describe the benefits of living a healthy lifestyle through a balanced diet and regular physical activity

Play Video

- Play the video to start the module or to move to the next module that you are facilitating.

Discussion: Conclusion

At the end of class

- Administer the posttest
- Review the posttest answers with students, emphasizing what they have learned since taking the pretest at the beginning of the course
- Encourage students to review the first aid content often and share skills with their loved ones to bring this lifesaving information to more people
- Thank the students for their time and congratulate them on completing the course