**Heartsaver First Aid CPR AED Agenda**

**for the Heartsaver Office Course Path**

Approximate course path duration without optional topics: 2½ 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.

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| 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) |
| Lesson 9: Conclusion **(Delete if teaching Child CPR AED)** | 2 |
| Break | 5 |
| **Child CPR AED** (**Optional**; if teaching, add 41 minutes to course path duration) |
| 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) | 15 for required topics(33 for all topics) |
| Lesson 7: Injury Emergencies Summary | 2 |
| Lesson 8: Environmental Emergencies (**Optional**) | **Topic not required**(20 if added) |
| Lesson 9: Environmental Emergencies Summary (**Optional**) | **Topic not required**(2 if added) |
| Lesson 10: Prevention Strategies (**Optional**) | **Topic not required**(6 if added) |
| Lesson 11: Preventing Illness and Injury; Legal Questions | 2 |
| Lesson 12: Conclusion | 2 |