

Days: 4 hours

Prerequisites: There is no skills test or demonstration required for completion of this course.

Audience: Anyone is welcome to take this course. This course is also recommended for:

- Educators / teachers / coaches
- Emergency response (EMS) / Law enforcement and fire personnel
- Airline staff
- Lifeguards / athletic or personal trainers
- Retail / restaurant / hospitality staff
- Employees requiring refresher training
- Individuals requiring certification

Description: Did you know that the current survival rate for sudden cardiac arrest is less than 7%? Dramatically improve those odds with training that prepares participants to respond to a medical emergency. The combination of instructor, video-self instruction and hands-on training assures maximum skills retention.

Course Objectives: Students will learn how to:

- Take action in a medical emergency
- Assess the victim
- Provide basic life support, including airway management, breathing and circulation
- Use an AED

OUTLINE:

- LESSON 1: COURSE INTRODUCTION
- LESSON 2: ACTING IN AN EMERGENCY
- LESSON 3: PREVENTING DISEASE TRANSMISSION
- LESSON 4: CHECK THE VICTIM
- LESSON 5: RECOVERY POSITION
- LESSON 6: CPR & AED
- LESSON 7: CHOKING
- LESSON 8: COURSE EXAM (OPTIONAL)