

First Aid



According to the Occupational Safety and Health Administration (OSHA), approximately 4 million injuries and illnesses occur annually in the workplace. Heartsaver First Aid is a classroom, video-based, instructor-led course that teaches students critical skills to respond to and manage an emergency in the first few minutes until emergency medical services (EMS) arrives. In this course, students learn skills such as how to treat bleeding, sprains, broken bones, shock and other first aid emergencies.

Heartsaver First Aid teaches skills with the AHA's research-proven Practice-While-Watching (PWW) technique, which allows instructors to observe the students, provide feedback and guide the students' learning of skills.

Upon successful completion, including a skills test, students receive a Heartsaver First Aid course completion card, valid for 2 years.

Course Covers

- Key changes reflecting the new science from the *2010 American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care*
- First aid basics
- Medical emergencies
- Injury emergencies
- Environmental emergencies
- Optional written test

First aid training is an important part of an effective safety program. Through our Heartsaver First Aid Course, your employees will have the confidence and skills to respond to a variety of emergencies.

Heartsaver First Aid Course Materials

- Heartsaver First Aid CPR AED Instructor Manual with Lesson Maps and Instructor CD (90-1029)
- Heartsaver DVD Set (90-1028)
- Heartsaver First Aid Student Workbook with Heartsaver First Aid Quick Reference Guide* (90-1027)

**Heartsaver First Aid Quick Reference Guide also sold separately (90-1025)*

Primary Audience

This course is for anyone with limited or no medical training who needs a course completion card in first aid to meet job, regulatory or other requirements.

Unfortunately, emergencies happen in the workplace. When a life is at stake, don't settle for less. Rely on quality training from the trusted leader in CPR and emergency cardiovascular care — rely on the American Heart Association.



www.heart.org/workplace

WORKPLACE TRAINING			
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First Aid	CPR	AED	Bloodborne Pathogens