



Heartsaver CPR/AED Skills Practice/Testing Session [HSCPRAED-2020s]

This course is for non-healthcare providers who have completed Part 1 of the American Heart Association Online Heartsaver CPR/AED program and just need the Parts 2 & 3: Hands-on practice/testing session. Students must [email us](#) their AHA Online Course Completion Certificate upon enrollment. This is required for entry into this session.

Includes:

- Hand-on Skills Practice/Testing session with AHA Instructor
- American Heart Association Course Completion eCard

Course Length: Skills Practice/Testing Session is (1.25hrs to 2.5hrs)

Location

- 25 Indian Rock Road, Suite 25 (The Commons Plaza) Windham, NH 03087

2020 Science Guidelines

- Reflects new science in the 2020 American Heart Association Guidelines Update for CPR & ECC
- Designed to teach students the cognitive information needed for CPR and AED training
- Upon completion of the online portion, students must complete a hands-on session with one of our AHA instructors at our Training Center in Windham, NH

After successfully completing this course, students will be able to:

- Describe how high-quality CPR improves survival
- Explain the concepts of the Chain of Survival
- Recognize when someone needs CPR
- Perform high-quality CPR for an adult
- Describe how to perform CPR with help from others
- Give effective breaths by using mouth-to-mouth or a mask for all age groups
- Demonstrate how to use an AED on an adult
- Describe when and how to help a choking adult or child

Who Should Take This Course?

Companies with a workforce where CPR/AED training may prove invaluable for the safety of both their employees and customers (childcare workers, teachers, foster care workers, camp counselors, coaches, etc.). The general public that desires to be prepared for an emergency in any setting (parents, grandparents, babysitters and guardians).

Course Delivery

Blended Learning: Heartsaver blended courses include an online portion and a hands-on portion. The online portion can be completed at work, at home, or wherever you have internet access. The hands-on skills practice and testing session is conducted in-person with one of our AHA instructors.

Rev. 1.1

Course Completion eCard (Electronic Card)

Upon successful completion of the entire course, students receive an American Heart Association course completion eCard that is valid for two years. This eCard will be issued via email within 48 hours upon successful completion of the course (no waiting for card to arrive in the mail). We're excited to announce that students are now able to claim their eCard via SMS text! Students can opt to receive a text message to claim and view their eCard by texting "eCard" to the number "51736."

| 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 7: Adult Choking | 5 |
| Lesson 9: Conclusion (Delete if teaching Child CPR AED) | 2 |
| 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 |

Every five years the American Heart Association publishes the most recent recommendations on cardiovascular care based on scientific studies. 10/21/20 was the most recent update. Educational Critical Care Concepts courses are taught in accordance with the latest updates.

The American Heart Association (AHA) strongly promotes knowledge & proficiency in BLS, ACLS, & PALS & has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the American Heart Association. Any fees charged for a course, except for a portion of fees needed for AHA course material; do not represent income to the Association.

Rev. 1.1