



TRC
Training Center

Proud to be an
AHA Training Center



Heartsaver® CPR AED Course Agenda

Student-instructor ratio 6:1; student-manikin ratio 3:1

Total time: Approximately 4½ hours

08:00-08:05	Lesson 1: Course Introduction (5 min)
08:05-09:00	Lesson 2: Adult CPR (55 min) Part I: Scene Safety and Assessment Part II: Chest Compressions Part III: Giving Breaths (Mouth-to-Mouth) Part IV: Giving Breaths (With a Mask)
09:00-09:15	Lesson 3: Use an AED (Adult) (15 min) Part I: AED Part II: Putting It All Together
09:15-09:17	Lesson 4: Help From Others (2 min)
09:17-09:19	Lesson 5: Adult CPR AED Summary (2 min)
09:19-09:39	Lesson 6: Adult CPR and AED Skills Test (20 min)
09:39-09:44	Lesson 7: Naloxone (5 min)
09:44-09:48	Lesson 8: Adult Choking (4 min)
09:48-10:03	Break (15 min)
10:03-10:07	Lesson 1: Child CPR AED Introduction (4 min)
10:07-10:52	Lesson 2: Child CPR (45 min) Part I: Scene Safety and Assessment Part II: Chest Compressions Part III: Giving Breaths (Mouth-to-Mouth) Part IV: Giving Breaths (With a Mask)
10:52-11:10	Lesson 3: Use an AED (Child) (18 min) Part I: AED Part II: Putting It All Together
11:10-11:12	Lesson 4: Help From Others (2 min)
11:12-11:14	Lesson 5: Child CPR AED Summary (2 min)
11:14-11:26	Lesson 6: Child CPR Skills Test (12 min)
11:26-11:30	Lesson 7: Child Choking (4 min)
11:30-11:32	Lesson 1: Infant CPR Introduction (2 min)
11:30-12:02	Lesson 2: Infant CPR (32 min) Part I: Scene Safety and Assessment Part II: Chest Compressions Part III: Giving Breaths (Mouth-to-Mouth) Part IV: Giving Breaths (With a Mask) Part V: Putting It All Together
12:02-12:04	Lesson 3: Infant CPR Summary (2 min)
12:04-12:16	Lesson 4: Infant CPR Skills Test (12 min)
12:16-12:21	Lesson 5: Infant Choking (5 min)
12:21-12:23	Lesson 6: Course Conclusion (2 min)