

# COURSE OUTLINES

<b>Adult AED</b>	<b>Total Time: 56 minutes</b>
Introduction and Review	Time: 14 minutes
Lesson 3: AED <i>Adult skills</i>	Time: 27 minutes
Lesson 9: Conclusion	Time: 15 minutes

<b>Adult and Child AED</b>	<b>Total Time: 56 minutes</b>
Optional Topic: Introduction and Review	Time: 14 minutes
Lesson 3: AED	Time: 27 minutes
Lesson 9: Conclusion	Time: 15 minutes

<b>Adult and Child CPR</b>	<b>Total Time: 2 hours, 13 minutes</b>
Lesson 1: Before Giving Care and Checking an Injured or Ill Person	Time: 49 minutes
Lesson 2: Cardiac Emergencies and CPR <i>Adult or child skills; adult and child video segment</i>	Time: 35 minutes
Lesson 4: Breathing Emergencies <i>Adult or child skills; adult and child video segment</i>	Time: 34 minutes
Lesson 9: Conclusion	Time: 15 minutes

<b>Adult and Child CPR/AED</b>	<b>Total Time: 2 hours, 45 minutes</b>
Lesson 1: Before Giving Care and Checking an Injured or Ill Person	Time: 49 minutes
Lesson 2: Cardiac Emergencies and CPR <i>Adult or child skills; adult and child video segment</i>	Time: 35 minutes
Lesson 3: AED	Time: 27 minutes
Lesson 4: Breathing Emergencies <i>Adult or child skills; adult and child video segment</i>	Time: 34 minutes
Lesson 9: Conclusion	Time: 20 minutes

<b>Adult and Child First Aid/CPR</b>	<b>Total Time: 4 hours, 15 minutes</b>
Lesson 1: Before Giving Care and Checking an Injured or Ill Person	Time: 49 minutes
Lesson 2: Cardiac Emergencies and CPR <i>Adult or child skills; adult and child video segment</i>	Time: 35 minutes
Lesson 4: Breathing Emergencies <i>Adult or child skills; adult and child video segment</i>	Time: 34 minutes
Lesson 5: Sudden Illness	Time: 30 minutes
Lesson 6: Environmental Emergencies	Time: 22 minutes
Lesson 7: Soft Tissue Injuries	Time: 38 minutes
Lesson 8: Injuries to Muscles, Bones and Joints	Time: 27 minutes
Lesson 9: Conclusion	Time: 20 minutes

<b>Adult and Child First Aid/CPR/AED</b>	<b>Total Time: 4 hours, 47 minutes</b>
Lesson 1: Before Giving Care and Checking an Injured or Ill Person	Time: 49 minutes
Lesson 2: Cardiac Emergencies and CPR <i>Adult or child skills; adult and child video segment</i>	Time: 35 minutes
Lesson 3: AED	Time: 27 minutes
Lesson 4: Breathing Emergencies <i>Adult or child skills; adult and child video segment</i>	Time: 34 minutes
Lesson 5: Sudden Illness	Time: 30 minutes
Lesson 6: Environmental Emergencies	Time: 22 minutes
Lesson 7: Soft Tissue Injuries	Time: 38 minutes
Lesson 8: Injuries to Muscle, Bones and Joints	Time: 27 minutes
Lesson 9: Conclusion	Time: 25 minutes

<b>Adult and Infant CPR</b>	<b>Total Time: 2 hours, 49 minutes</b>
Lesson 1: Before Giving Care and Checking an Injured or Ill Person	Time: 64 minutes
Lesson 2: Cardiac Emergencies and CPR <i>Adult and infant skills; adult (includes child) and infant video segments</i>	Time: 50 minutes
Lesson 4: Breathing Emergencies <i>Adult and infant skills; adult (includes child) and infant video segments</i>	Time: 40 minutes
Lesson 9: Conclusion	Time: 15 minutes

<b>Adult and Infant First Aid/CPR</b>	<b>Total Time: 4 hours, 51 minutes</b>
Lesson 1: Before Giving Care and Checking an Injured or Ill Person	Time: 64 minutes
Lesson 2: Cardiac Emergencies and CPR <i>Adult and infant skills; adult (includes child) and infant video segments</i>	Time: 50 minutes
Lesson 4: Breathing Emergencies <i>Adult and infant skills; adult (includes child) and infant video segments</i>	Time: 40 minutes
Lesson 5: Sudden Illness	Time: 30 minutes
Lesson 6: Environmental Emergencies	Time: 22 minutes
Lesson 7: Soft Tissue Injuries	Time: 38 minutes
Lesson 8: Injuries to Muscles, Bones and Joints	Time: 27 minutes
Lesson 9: Conclusion	Time: 20 minutes

<b>Adult and Pediatric CPR</b>	<b>Total Time: 2 hours, 49 minutes</b>
Lesson 1: Before Giving Care and Checking an Injured or Ill Person	Time: 64 minutes
Lesson 2: Cardiac Emergencies and CPR <i>Adult or child and infant skills; adult and child, and infant video segments</i>	Time: 50 minutes
Lesson 4: Breathing Emergencies <i>Adult or child and infant skills; adult and child, and infant video segments</i>	Time: 40 minutes
Lesson 9: Conclusion	Time: 15 minutes

<b>Adult and Pediatric CPR/AED</b>	<b>Total Time: 3 hours, 21 minutes</b>
Lesson 1: Before Giving Care and Checking an Injured or Ill Person	Time: 64 minutes
Lesson 2: Cardiac Emergencies and CPR <i>Adult or child and infant skills; adult and child, and infant video segments</i>	Time: 50 minutes
Lesson 3: AED	Time: 27 minutes
Lesson 4: Breathing Emergencies <i>Adult or child and infant skills; adult and child, and infant video segments</i>	Time: 40 minutes
Lesson 9: Conclusion	Time: 20 minutes

<b>Adult and Pediatric First Aid/CPR</b>	<b>Total Time: 4 hours, 51 minutes</b>
Lesson 1: Before Giving Care and Checking an Injured or Ill Person	Time: 64 minutes
Lesson 2: Cardiac Emergencies and CPR <i>Adult or child and infant skills; adult and child, and infant video segments</i>	Time: 50 minutes
Lesson 4: Breathing Emergencies <i>Adult or child and infant skills; adult and child, and infant video segments</i>	Time: 40 minutes
Lesson 5: Sudden Illness	Time: 30 minutes
Lesson 6: Environmental Emergencies	Time: 22 minutes
Lesson 7: Soft Tissue Injuries	Time: 38 minutes
Lesson 8: Injuries to Muscles, Bones and Joints	Time: 27 minutes
Lesson 9: Conclusion	Time: 20 minutes

<b>Adult and Pediatric First Aid/CPR/AED</b>	<b>Total Time: 5 hours, 23 minutes</b>
Lesson 1: Before Giving Care and Checking an Injured or Ill Person	Time: 64 minutes
Lesson 2: Cardiac Emergencies and CPR <i>Adult or child and infant skills; adult and child, and infant video segments</i>	Time: 50 minutes
Lesson 3: AED	Time: 27 minutes
Lesson 4: Breathing Emergencies <i>Adult or child and infant skills; adult and child, and infant video segments</i>	Time: 40 minutes
Lesson 5: Sudden Illness	Time: 30 minutes
Lesson 6: Environmental Emergencies	Time: 22 minutes
Lesson 7: Soft Tissue Injuries	Time: 38 minutes
Lesson 8: Injuries to Muscles, Bones and Joints	Time: 27 minutes
Lesson 9: Conclusion	Time: 25 minutes

<b>Adult CPR</b>	<b>Total Time: 2 hours, 13 minutes</b>
Lesson 1: Before Giving Care and Checking an Injured or Ill Person	Time: 49 minutes
Lesson 2: CPR and Cardiac Emergencies <i>Adult skills; adult (includes child) video segment</i>	Time: 35 minutes
Lesson 4: Breathing Emergencies <i>Adult skills; adult (includes child) video segment</i>	Time: 34 minutes
Lesson 9: Conclusion	Time: 15 minutes

<b>Adult CPR/AED</b>	<b>Total Time: 2 hours, 40 minutes</b>
Lesson 1: Before Giving Care and Checking an Injured or Ill Person	Time: 49 minutes
Lesson 2: CPR and Cardiac Emergencies <i>Adult skills; adult (includes child) video segment</i>	Time: 35 minutes
Lesson 3: AED <i>Adult skills</i>	Time: 27 minutes
Lesson 4: Breathing Emergencies <i>Adult skills; adult (includes child) video segment</i>	Time: 34 minutes
Lesson 9: Conclusion	Time: 15 minutes

<b>Adult CPR/AED and Child CPR</b>	<b>Total Time: 2 hours, 45 minutes</b>
Lesson 1: Before Giving Care and Checking an Injured or Ill Person	Time: 49 minutes
Lesson 2: Cardiac Emergencies and CPR <i>Adult or child skills; adult and child video segment</i>	Time: 35 minutes
Lesson 3: AED <i>Adult skills</i>	Time: 27 minutes
Lesson 4: Breathing Emergencies <i>Adult or child; adult and child video segment</i>	Time: 34 minutes
Lesson 9: Conclusion	Time: 20 minutes

<b>Adult CPR/AED and Infant CPR</b>	<b>Total Time: 3 hours, 21 minutes</b>
Lesson 1: Before Giving Care and Checking an Injured or Ill Person	Time: 64 minutes
Lesson 2: Cardiac Emergencies and CPR <i>Adult and infant skills; adult (includes child) and infant video segments</i>	Time: 50 minutes
Lesson 3: AED <i>Adult skills</i>	Time: 27 minutes
Lesson 4: Breathing Emergencies <i>Adult and infant skills; adult (includes child) and infant video segments</i>	Time: 40 minutes
Lesson 9: Conclusion	Time: 20 minutes

<b>Adult CPR/AED, Child CPR and First Aid</b>	<b>Total Time: 4 hours, 47 minutes</b>
Lesson 1: Before Giving Care and Checking an Injured or Ill Person	Time: 49 minutes
Lesson 2: Cardiac Emergencies and CPR <i>Adult or child skills; adult and child video segment</i>	Time: 35 minutes
Lesson 3: AED <i>Adult skills</i>	Time: 27 minutes
Lesson 4: Breathing Emergencies <i>Adult or child skills; adult and child video segment</i>	Time: 34 minutes
Lesson 5: Sudden Illness	Time: 30 minutes
Lesson 6: Environmental Emergencies	Time: 22 minutes
Lesson 7: Soft Tissue Injuries	Time: 38 minutes
Lesson 8: Injuries to Muscles, Bones and Joints	Time: 27 minutes
Lesson 9: Conclusion	Time: 25 minutes

<b>Adult CPR/AED, Infant CPR and First Aid</b>	<b>Total Time: 5 hours, 23 minutes</b>
Lesson: 1 Before Giving Care and Checking an Injured or Ill Person	Time: 64 minutes
Lesson 2: Cardiac Emergencies and CPR <i>Adult and infant skills; adult (includes child) and infant video segments</i>	Time: 50 minutes
Lesson 3: AED <i>Adult skills</i>	Time: 27 minutes
Lesson 4: Breathing Emergencies <i>Adult and infant skills; adult (includes child) and infant video segments</i>	Time: 40 minutes
Lesson 5: Sudden Illness	Time: 30 minutes
Lesson 6: Environmental Emergencies	Time: 22 minutes
Lesson 7: Soft Tissue Injuries	Time: 38 minutes
Lesson 8: Injuries to Muscle, Bones and Joints	Time: 27 minutes
Lesson 9: Conclusion	Time: 25 minutes

<b>Adult CPR/AED, Pediatric CPR and First Aid</b>	<b>Total Time: 5 hours, 23 minutes</b>
Lesson 1: Before Giving Care and Checking an Injured or Ill Person	Time: 64 minutes
Lesson 2: Cardiac Emergencies and CPR <i>Adult or child and infant skills; adult and child, and infant video segments</i>	Time: 50 minutes
Lesson 3: AED <i>Adult skills</i>	Time: 27 minutes
Lesson 4: Breathing Emergencies <i>Adult or child and infant skills; adult and child, and infant video segments</i>	Time: 40 minutes
Lesson 5: Sudden Illness	Time: 30 minutes
Lesson 6: Environmental Emergencies	Time: 22 minutes
Lesson 7: Soft Tissue Injuries	Time: 38 minutes
Lesson 8: Injuries to Muscles, Bones and Joints	Time: 27 minutes
Lesson 9: Conclusion	Time: 25 minutes

<b>Adult CPR/AED with Pediatric CPR</b>	<b>Total Time: 3 hours, 21 minutes</b>
Lesson 1: Before Giving Care and Checking an Injured or Ill Person	Time: 64 minutes
Lesson 2: CPR and Cardiac Emergencies <i>Adult or child and infant skills; adult and child, and infant video segments</i>	Time: 50 minutes
Lesson 3: AED <i>Adult skills</i>	Time: 27 minutes
Lesson 4: Breathing Emergencies <i>Adult or child and infant skills; adult and child, and infant video segments</i>	Time: 40 minutes
Lesson 9: Conclusion	Time: 20 minutes

<b>Adult First Aid/CPR</b>	<b>Total Time: 4 hours, 15 minutes</b>
Lesson 1: Before Giving Care and Checking an Injured or Ill Person	Time: 49 minutes
Lesson 2: Cardiac Emergencies and CPR <i>Adult skills; adult (includes child) video segment</i>	Time: 35 minutes
Lesson 4: Breathing Emergencies <i>Adult skills; adult (includes child) video segment</i>	Time: 34 minutes
Lesson 5: Sudden Illness	Time: 30 minutes
Lesson 6: Environmental Emergencies	Time: 22 minutes
Lesson 7: Soft Tissue Injuries	Time: 38 minutes
Lesson 8: Injuries to Muscle, Bones and Joints	Time: 27 minutes
Lesson 9: Conclusion	Time: 20 minutes

<b>Adult First Aid/CPR/AED</b>	<b>Total Time: 4 hours, 47 minutes</b>
Lesson 1: Before Giving Care and Checking an Injured or Ill Person	Time: 49 minutes
Lesson 2: Cardiac Emergencies and CPR <i>Adult skills; adult (includes child) video segment</i>	Time: 35 minutes
Lesson 3: AED <i>Adult skills</i>	Time: 27 minutes
Lesson 4: Breathing Emergencies <i>Adult skills; adult (includes child) video segment</i>	Time: 34 minutes
Lesson 5: Sudden Illness	Time: 30 minutes
Lesson 6: Environmental Emergencies	Time: 22 minutes
Lesson 7: Soft Tissue Injuries	Time: 38 minutes
Lesson 8: Injuries to Muscles, Bones and Joints	Time: 27 minutes
Lesson 9: Conclusion	Time: 25 minutes



<b>Child AED</b>	<b>Total Time: 56 minutes</b>
Optional Topic: Introduction and Review	Time: 14 minutes
Lesson 3: AED <i>Child skills</i>	Time: 27 minutes
Lesson 9: Conclusion	Time: 15 minutes

<b>Child CPR</b>	<b>Total Time: 2 hours, 13 minutes</b>
Lesson 1: Before Giving Care and Checking an Injured or Ill Person	Time: 49 minutes
Lesson 2: Cardiac Emergencies and CPR <i>Child skills; child (includes adult) video segment</i>	Time: 35 minutes
Lesson 4: Breathing Emergencies <i>Child skills; child (includes adult) video segment</i>	Time: 34 minutes
Lesson 9: Conclusion	Time: 15 minutes

<b>Child CPR/AED</b>	<b>Total Time: 2 hours, 45 minutes</b>
Lesson 1: Before Giving Care and Checking an Injured or Ill Person	Time: 49 minutes
Lesson 2: Cardiac Emergencies and CPR <i>Child skills; child (includes adult) video segment</i>	Time: 35 minutes
Lesson 3: AED <i>Child skills</i>	Time: 27 minutes
Lesson 4: Breathing Emergencies <i>Child skills; child (includes adult) video segment</i>	Time: 34 minutes
Lesson 9: Conclusion	Time: 20 minutes

<b>Child First Aid/CPR</b>	<b>Total Time: 4 hours, 15 minutes</b>
Lesson 1: Before Giving Care and Checking an Injured or Ill Person	Time: 49 minutes
Lesson 2: Cardiac Emergencies and CPR <i>Child skills; child (includes adult) video segment</i>	Time: 35 minutes
Lesson 4: Breathing Emergencies <i>Child skills; child (includes adult) video segment</i>	Time: 34 minutes
Lesson 5: Sudden Illness	Time: 30 minutes
Lesson 6: Environmental Emergencies	Time: 22 minutes
Lesson 7: Soft Tissue Injuries	Time: 38 minutes
Lesson 8: Injuries to Muscles, Bones and Joints	Time: 27 minutes
Lesson 9: Conclusion	Time: 20 minutes

<b>Child First Aid/CPR/AED</b>	<b>Total Time: 4 hours, 47 minutes</b>
Lesson 1: Before Giving Care and Checking an Injured or Ill Person	Time: 49 minutes
Lesson 2: Cardiac Emergencies and CPR <i>Child skills; child (includes adult) video segment</i>	Time: 35 minutes
Lesson 3: AED <i>Child skills</i>	Time: 27 minutes
Lesson 4: Breathing Emergencies <i>Child skills; child (includes adult) video segment</i>	Time: 34 minutes
Lesson 5: Sudden Illness	Time: 30 minutes
Lesson 6: Environmental Emergencies	Time: 22 minutes
Lesson 7: Soft Tissue Injuries	Time: 38 minutes
Lesson 8: Injuries to Muscles, Bones and Joints	Time: 27 minutes
Lesson 9: Conclusion	Time: 25 minutes

<b>First Aid</b>	<b>Total Time: 3 hours, 1 minute</b>
Lesson 1: Before Giving Care and Checking an Injured or Ill Person	Time: 49 minutes
Lesson 5: Sudden Illness	Time: 30 minutes
Lesson 6: Environmental Emergencies	Time: 22 minutes
Lesson 7: Soft Tissue Injuries	Time: 38 minutes
Lesson 8: Injuries to Muscles, Bones and Joints	Time: 27 minutes
Lesson 9: Conclusion	Time: 15 minutes

<b>Infant CPR</b>	<b>Total Time: 2 hours, 13 minutes</b>
Lesson 1: Before Giving Care and Checking an Injured or Ill Person	Time: 49 minutes
Lesson 2: Cardiac Emergencies and CPR <i>Infant skills; infant video segment</i>	Time: 35 minutes
Lesson 4: Breathing Emergencies <i>Infant skills; infant video segment</i>	Time: 34 minutes
Lesson 9: Conclusion	Time: 15 minutes

<b>Infant First Aid/CPR</b>	<b>Total Time: 4 hours, 15 minutes</b>
Lesson 1: Before Giving Care and Checking an Injured or Ill Person	Time: 49 minutes
Lesson 2: Cardiac Emergencies and CPR <i>Infant skills; infant video segment</i>	Time: 35 minutes
Lesson 4: Breathing Emergencies <i>Infant skills; infant video segment</i>	Time: 34 minutes
Lesson 5: Sudden Illness	Time: 30 minutes
Lesson 6: Environmental Emergencies	Time: 22 minutes
Lesson 7: Soft Tissue Injuries	Time: 38 minutes
Lesson 8: Injuries to Muscles, Bones and Joints	Time: 27 minutes
Lesson 9: Conclusion	Time: 20 minutes

<b>Pediatric CPR</b>	<b>Total Time: 2 hours, 49 minutes</b>
Lesson 1: Before Giving Care and Checking an Injured or Ill Person	Time: 64 minutes
Lesson 2: Cardiac Emergencies and CPR <i>Child and infant skills; child (includes adult) and infant video segments</i>	Time: 50 minutes
Lesson 4: Breathing Emergencies <i>Child and infant skills; child (includes adult) and infant video segments</i>	Time: 40 minutes
Lesson 9: Conclusion	Time: 15 minutes

<b>Pediatric CPR/AED</b>	<b>Total Time: 3 hours, 21 minutes</b>
Lesson 1: Before Giving Care and Checking an Injured or Ill Person	Time: 64 minutes
Lesson 2: Cardiac Emergencies and CPR <i>Child and infant skills; child (includes adult) and infant video segments</i>	Time: 50 minutes
Lesson 3: AED <i>Child skills</i>	Time: 27 minutes
Lesson 4: Breathing Emergencies <i>Child and infant skills; child (includes adult) and infant video segments</i>	Time: 40 minutes
Lesson 9: Conclusion	Time: 20 minutes

<b>Pediatric First Aid/CPR</b>	<b>Total Time: 4 hours, 51 minutes</b>
Lesson 1: Before Giving Care and Checking an Injured or Ill Person	Time: 64 minutes
Lesson 2: Cardiac Emergencies and CPR <i>Child and infant skills; child (includes adult) and infant video segments</i>	Time: 50 minutes
Lesson 4: Breathing Emergencies <i>Child and infant skills; child (includes adult) and infant video segments</i>	Time: 40 minutes
Lesson 5: Sudden Illness	Time: 30 minutes
Lesson 6: Environmental Emergencies	Time: 22 minutes
Lesson 7: Soft Tissue Injuries	Time: 38 minutes
Lesson 8: Injuries to Muscles, Bones and Joints	Time: 27 minutes
Lesson 9: Conclusion	Time: 20 minutes

<b>Pediatric First Aid/CPR/AED</b>	<b>Total Time: 5 hours, 23 minutes</b>
Lesson 1: Before Giving Care and Checking an Injured or Ill Person	Time: 64 minutes
Lesson 2: Cardiac Emergencies and CPR <i>Child and infant skills; child (includes adult) and infant video segments</i>	Time: 50 minutes
Lesson 3: AED <i>Child skills</i>	Time: 27 minutes
Lesson 4: Breathing Emergencies <i>Child and infant skills; child (includes adult) and infant video segments</i>	Time: 40 minutes
Lesson 5: Sudden Illness	Time: 30 minutes
Lesson 6: Environmental Emergencies	Time: 22 minutes
Lesson 7: Soft Tissue Injuries	Time: 38 minutes
Lesson 8: Injuries to Muscle, Bones and Joints	Time: 27 minutes
Lesson 9: Conclusion	Time: 25 minutes