

# Sample Heartsaver® First Aid CPR AED Blended Course Agenda With Optional Lessons Included

**12 Students, 2 Heartsaver Instructors**  
**Student-instructor ratio 6:1; student-manikin ratio 3:1**  
**Total time: Approximately 2½ hours**

8:00-8:05	<b>Lesson 1: Course Introduction</b>
8:05-8:13	<b>Lesson 1A: Life Is Why Activity (Optional)</b>
8:13-8:33	<b>Lesson 2: Adult CPR AED</b> Part I: Scene Safety and Assessment Part II: Chest Compressions Part III: Giving Breaths Part IV: Use an AED Part V: Putting It All Together
8:33-8:53	<b>Lesson 3: Adult CPR and AED Skills Test</b>
8:53-9:08	<b>Lesson 4: Child CPR AED</b> Part I: Scene Safety and Assessment Part II: Chest Compressions Part III: Giving Breaths Part IV: Use an AED Part V: Putting It All Together
9:08-9:20	<b>Lesson 5: Child CPR Skills Test</b>
9:20-9:35	<b>Lesson 6: Infant CPR</b> Part I: Scene Safety and Assessment Part II: Chest Compressions Part III: Giving Breaths Part IV: Putting It All Together
9:35-9:47	<b>Lesson 7: Infant CPR Skills Test</b>
9:47-10:02	<b>Break</b>
10:02-10:04	<b>Lesson 8: Relief of Choking in a Responsive Infant</b>
10:04-10:34	<b>Lesson 9: First Aid</b> Part I: Removing Protective Gloves Part II: Finding the Problem Part III: Using an Epinephrine Pen Part IV: Controlling Bleeding and Bandaging
10:34-10:36	<b>Lesson 10: Course Conclusion</b>

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