

Training materials for American Heart Association courses can be obtained through your local training center or through the following distributors.

Channing Bete Company

One Community Place
South Deerfield, MA 01373-0200
Phone: 1-800-611-6083
Fax: 1-800-499-6464
www.channing-bete.com

Laerdal Medical Corporation

167 Myers Corners Road
PO Box 1840
Wappingers Falls, NY 12590-8840
Phone: 1-888-LMC-4AHA
(562-4242)
Fax: 1-800-227-1143 or
1-845-298-4545
www.laerdal.com

WorldPoint ECC, Inc.

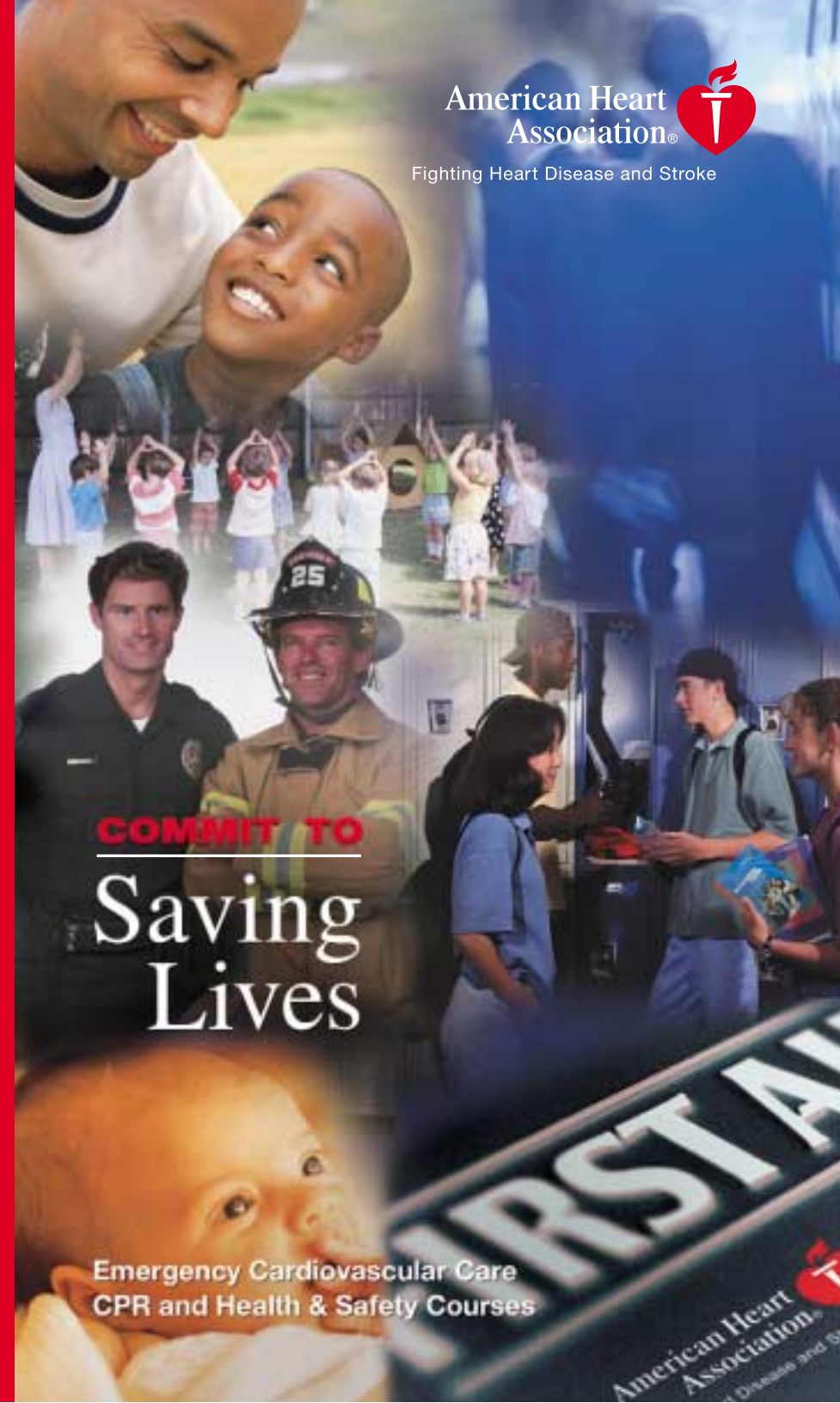
151 S. Pflingsten Road, Suite E
Deerfield, IL 60015
Phone: 1-888-322-8350
Fax: 1-888-281-2627
www.worldpoint-ecc.com

For more information on training contact:



National Center
7272 Greenville Avenue
Dallas, Texas 75231-4596
www.americanheart.org/cpr

70-2557 5/02



Every year more than 950,000 adult Americans die from cardiovascular disease, making it the No. 1 cause of death in the United States. Sudden cardiac arrest claims the lives of at least 250,000 of those Americans before they reach a hospital. Many of these lives could be saved if bystanders act promptly to phone 9-1-1 and begin CPR, and if trained rescuers provide defibrillation within minutes.

The more bystanders who know to phone 9-1-1 when an emergency develops and know how to perform CPR, the more likely it is that sudden cardiac arrest victims will receive immediate CPR, early defibrillation and advanced life support. These interventions have been proven to significantly reduce disability and death from heart attack and sudden cardiac arrest.

Sudden cardiac arrest is most often caused when an abnormal heart rhythm called ventricular fibrillation (VF) develops. A heart in VF quivers instead of pumping blood. The victim collapses and becomes unresponsive. Bystanders who recognize the emergency, activate the EMS system and begin CPR improve the victim's chance of survival. However, bystanders trained to use an automated external defibrillator (AED) who shock the victim's heart can increase the odds of survival much more. In cities with public access defibrillation programs, when bystanders provide immediate CPR and deliver the first shock within 3 to 5 minutes, reported survival rates from VF cardiac arrest range as high as 48 to 74 percent.

American Heart Association Training

As the world leader in Emergency Cardiovascular Care (ECC) and CPR training, we offer the highest-quality courses and training materials available. Quality begins with the course content and extends through the design of the materials. A national training network with consistent policies and procedures further ensures the quality of our courses.

Course Format

Video-mediated instruction is the primary format of our courses. This format allows for maximum skill practice time and is proven to help students learn multiple psychomotor skills. Throughout the course, instructors introduce a topic, then show a video segment that shows the steps to perform the skill. Students then practice the skill in work groups.

Contents

CPR Courses

Heartsaver CPR

Heartsaver CPR in Schools

AED and CPR Course

Heartsaver AED

First Aid Courses

Heartsaver FACTS

Heartsaver First Aid (includes CPR and AED)

Instructor Course

Heartsaver Instructor

Community Course

CPR for Family and Friends

Heartsaver CPR

COURSE DESCRIPTION

The Heartsaver CPR course is modular to provide the flexibility to meet your training needs. Modules cover adult and pediatric resuscitation. Heartsaver CPR is for employees who need CPR (cardiopulmonary resuscitation) training and a course completion card. The intended audience includes corporate employees, security personnel, day care workers, firefighters, police officers, airline personnel, baby-sitters, family members of people at high risk for sudden cardiac death, and those who need or want to learn CPR.

COURSE OPTIONS

APPROXIMATE TIME

Heartsaver CPR—Adult and Pediatric	5½–6 hours
Heartsaver CPR—Adult only	3 hours
Heartsaver CPR—Pediatric only	3 hours

COURSE CONTENT

Adult Module

- The adult Chain of Survival and the importance of calling 9-1-1
- Signs and symptoms of cardiac arrest and stroke
- Techniques of adult CPR (ABCs)
 - Airway — Opening the airway
 - Breathing — Checking breathing and performing rescue breathing if needed (with and without a barrier device)
 - Circulation — Checking for signs of circulation and performing compressions and ventilations
- Rescue techniques for choking adults

Pediatric Module (Infant and Child)

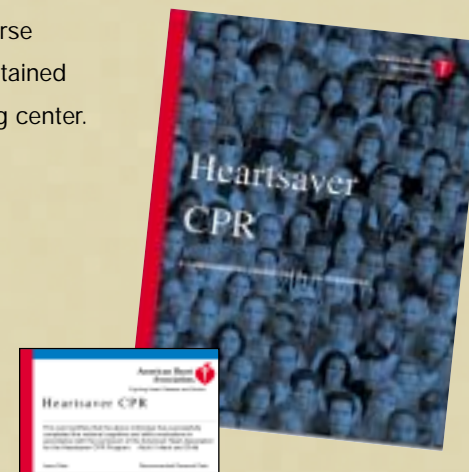
- The infant and child Chain of Survival and the importance of calling 9-1-1
- Techniques of child and infant CPR (ABCs)
 - Airway — Opening the airway
 - Breathing — Checking breathing and performing rescue breathing if needed (with and without a barrier device)
 - Circulation — Checking for signs of circulation and performing compressions and ventilations
- Rescue techniques for choking infants and children
- Child safety and injury prevention

TRAINING MATERIALS

Each student will receive a *Heartsaver CPR* text.

COURSE COMPLETION CARD

Each student who successfully completes the Heartsaver CPR skills performance and written exam will receive a course completion card. The card will indicate which modules the student completed. Course completion cards can be obtained only through an AHA training center.



Heartsaver CPR in Schools

COURSE DESCRIPTION

The Heartsaver CPR in Schools course is geared toward teaching students the lifesaving skills of adult and pediatric CPR. It also teaches students how to activate the Emergency Medical Services system when someone in the community suffers sudden cardiac arrest, heart attack, stroke or choking. By training our high school students to recognize the warning signs of cardiac arrest and stroke, call 9-1-1 and provide CPR and relief of choking, many lives will be saved.

The course is designed to be taught over multiple 40-minute class periods.

COURSE OPTIONS

APPROXIMATE TIME

Heartsaver CPR in Schools—Adult and Pediatric	5½–6 hours
Heartsaver CPR in Schools—Adult only	3 hours
Heartsaver CPR in Schools—Pediatric only	3 hours

COURSE CONTENT

Adult Module

- The adult Chain of Survival and the importance of calling 9-1-1
- Signs of cardiac arrest and stroke
- Techniques of adult CPR (ABCs)
 - Airway — Opening the airway
 - Breathing — Checking breathing and performing rescue breathing if needed (with and without a barrier device)
 - Circulation — Checking for signs of circulation and performing compressions and ventilations
- Rescue techniques for choking adults



Pediatric Module (Infant and Child)

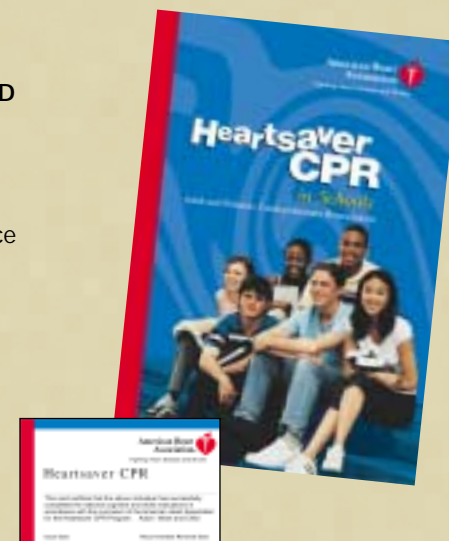
- The infant and child Chain of Survival and the importance of calling 9-1-1
- Techniques of infant and child CPR (ABCs)
 - Airway — Opening the airway
 - Breathing — Checking breathing and performing rescue breathing if needed (with and without a barrier device)
 - Circulation — Checking for signs of circulation and performing compressions and ventilations
- Rescue techniques for choking infants and children
- Child safety and injury prevention

TRAINING MATERIALS

Each student will receive a *Heartsaver CPR in Schools* text.

COURSE COMPLETION CARD

Each student who successfully completes the Heartsaver CPR in Schools skills performance and written exam will receive a Heartsaver CPR course completion card. The card will indicate which modules the student completed. Course completion cards can be obtained only through an AHA training center.



Heartsaver AED

COURSE DESCRIPTION

The American Heart Association Heartsaver AED (automated external defibrillator) course was the first in the nation to combine hands-on AED instruction with adult CPR (cardiopulmonary resuscitation) training. A pediatric module can be offered at the customer's request.

The Heartsaver AED course is for individuals who need to learn CPR and how to operate an AED. The intended audience includes corporate employees, security personnel, emergency medical technicians, firefighters, police officers, airline personnel, and those who need or want to learn CPR and operate an AED.

COURSE OPTIONS

APPROXIMATE TIME

Heartsaver AED—AED and Adult CPR	3½–4 hours
Heartsaver AED—AED, Adult and Pediatric CPR	6½–7 hours
Heartsaver AED—Spanish version	Coming Soon

COURSE CONTENT

AED and Adult CPR

- The adult Chain of Survival and the importance of calling 9-1-1
- Signs and symptoms of cardiac arrest and stroke
- Techniques of adult CPR (ABCs)
 - Airway — Opening the airway
 - Breathing — Checking breathing and performing rescue breathing if needed (with and without a barrier device)
 - Circulation — Checking for signs of circulation and performing compressions and ventilations
- Rescue techniques for choking adults
- Introduction to automated external defibrillators
- ABCD: Putting CPR and defibrillation together
- CPR and defibrillation: The human dimension
- Legal and ethical issues

AED, Adult and Pediatric CPR

Same content as the AED and Adult CPR module plus:

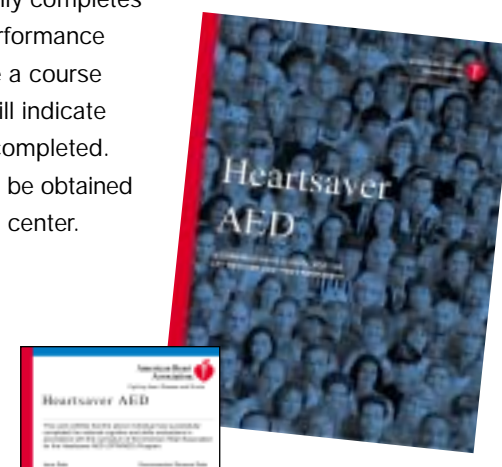
- The infant and child Chain of Survival and the importance of calling 9-1-1
- Techniques of child and infant CPR (ABCs)
 - Airway — Opening the airway
 - Breathing — Checking breathing and performing rescue breathing if needed (with and without a barrier device)
 - Circulation — Checking for signs of circulation and performing compressions and ventilations
- Rescue techniques for choking infants and children
- Child safety and injury prevention

TRAINING MATERIALS

Each student will receive a *Heartsaver AED* text.

COURSE COMPLETION CARD

Each student who successfully completes the Heartsaver AED skills performance and written exam will receive a course completion card. The card will indicate which modules the student completed. Course completion cards can be obtained only through an AHA training center.



Heartsaver FACTS and Heartsaver First Aid

COURSE DESCRIPTION

These courses combine basic first aid procedures with adult CPR and the use of AEDs (automated external defibrillators). The Heartsaver FACTS and Heartsaver First Aid courses are for people who are assigned to be basic first responders to emergency situations in the workplace or community. The intended audience includes corporate employees, firefighters, police, airline personnel, security personnel and those who need or want to learn first aid skills, CPR and AED.

COURSE OPTIONS

Heartsaver FACTS
Heartsaver First Aid

APPROXIMATE TIME

7½–8 hours
Coming Soon

COURSE CONTENT

Heartsaver FACTS

- Techniques of adult CPR (ABCs)
- Introduction to automated external defibrillators
- ABCD: Putting CPR and defibrillation together
- CPR and defibrillation: The human dimension
- Legal and ethical issues
- First aid fundamentals
- Victim assessment
- Bleeding and shock
- Wounds, burns, dressings and bandages
- Head and spinal injuries
- Chest, abdominal and pelvic injuries
- Sudden illnesses
- Poisoning
- Bites and stings
- Cold- and heat-related injuries

Heartsaver First Aid (Coming Soon)

- General principles
- Medical emergencies
- Injury emergencies
- CPR and AED (elective)
- Environmental emergencies (elective)

TRAINING MATERIALS

Each student will receive a *Heartsaver FACTS* or *Heartsaver First Aid* text.

COURSE COMPLETION CARD

Each student who successfully completes the skills performance and written exam will receive a course completion card. The card will indicate which modules the student completed. Course completion cards can be obtained only through an AHA training center.



Heartsaver Instructor

COURSE DESCRIPTION

The Heartsaver Instructor course is a one-day course (8 hours) geared towards individuals who would like to teach the American Heart Association's Heartsaver CPR, Heartsaver CPR in Schools, Heartsaver AED, and the CPR for Family and Friends courses.

PREREQUISITE FOR BECOMING A HEARTSAVER INSTRUCTOR

Provider card in one of the following:

- Healthcare Provider or
- Heartsaver AED and Adult, Child and Infant CPR or
- Heartsaver AED and Heartsaver CPR

COURSE OPTIONS

APPROXIMATE TIME

Heartsaver Instructor—CPR and AED

8 hours

COURSE CONTENT

- Master demonstration and discussion of performance skills
- Science behind the guidelines
- Watch-then-practice video instruction
- Scenario practice
- Principles of written and practical evaluation
- Review of American Heart Association course options
- General issues
 - Participant/instructor ratios
 - Pre-course materials
 - Course rosters
- Review of courses
 - CPR for Family and Friends

- Heartsaver CPR
 - Heartsaver CPR in Schools
 - Heartsaver AED
- Maintenance and decontamination of manikins

TRAINING MATERIALS

Each student will receive a *BLS Instructor's Manual*.

COURSE COMPLETION CARD

Each participant will receive a Heartsaver Instructor Card after successfully completing the Heartsaver Instructor skills performance and written exam and being monitored by an Instructor Trainer while teaching a CPR class to students.



CPR for Family and Friends

COURSE DESCRIPTION

The CPR for Family and Friends course is a modular course that includes multiple learning activities: a videotaped overview of the Chain of Survival and other cognitive information, videotaped skills demonstration and practice, instructor-led practice scenario and a peer practice session. The intended audience includes family members of patients at high risk for sudden cardiac death and laypersons who want to learn CPR rescue skills for loved ones.

COURSE OPTIONS

APPROXIMATE TIME

CPR for Family and Friends—Adult and Pediatric	4½ hours
CPR for Family and Friends—Adult only	2½ hours
CPR for Family and Friends—Pediatric only	2½ hours
CPR for Family and Friends—Spanish version	2½–4½ hours

COURSE CONTENT

Adult Module

- Learn to recognize 4 life-threatening emergencies in adults
 - Heart attack
 - Cardiac arrest
 - Stroke
 - Choking
- Learn to perform CPR
- Learn rescue techniques for choking adults

Pediatric Module (infant and child)

- Learn to reduce the risk of sudden infant death syndrome (SIDS) and prevent common injuries and choking in infants and children
- Learn to recognize the signs of life-threatening emergencies in infants and children
 - Cardiac arrest
 - Breathing difficulties
 - Respiratory arrest
 - Choking
- Learn to perform CPR and rescue techniques for choking infants and children
- Learn your role in the infant/child Chain of Survival

TRAINING MATERIALS

Each student will receive a *CPR for Family and Friends* manual.

COURSE ATTENDANCE CARD

Each participant will receive a course attendance card. There is no skill or written exam.

