

# First Aid/CPR/AED

## Medic First Aid, CPR, and AED Training to build life-saving skills

### COURSE TOPICS

- First Aid Provider
- Legal Considerations
- Recognizing an Emergency and Deciding to Help
- Personal Safety
- Disease Transmission and Universal Precautions
- Emergency Medical Services (EMS)
- Respiratory and Circulatory Systems
- Early Defibrillation
- Chest Compressions
- Rescue Breaths
- Primary Assessment
- Unresponsive and Breathing—Recovery Position
- Unresponsive and Not Breathing—CPR
- Automated External Defibrillators (AEDs)
- Basic AED Operation
- Choking
- First Aid Assessment
- Secondary Assessment
- Control of Bleeding
- Internal Bleeding
- Managing Shock
- Head, Neck, or Back Injury
- Brain Injury
- Spinal Motion Restriction
- Swollen, Painful, Deformed Limb
- Burns
- Warning Signs of Sudden Illness
- Altered Mental Status
- Stroke
- Diabetic Emergencies
- Seizure
- Breathing Difficulty, Shortness of Breath
- Asthma
- Severe Allergic Reaction
- Pain, Severe Pressure, or Discomfort in the Chest
- Severe Abdominal Pain
- Poisoning
- Heat Exhaustion
- Heat Stroke
- Hypothermia
- Frostbite

Possessing the life saving skills associated with First Aid, CPR and AED use is a valuable skill set for both work environments and home life. Students who attend our course are better equipped to respond to life-threatening situations, when response time is critical. An untrained person responding to a First Aid or CPR situation can cause more harm than good; which is why being properly trained is so important.

Our courses last approximately 6 hours, with a strict limit on participants to ensure ample instructor time and interaction with each student. Our qualified instructors walk students through the theories, laws, and best practices in a lecture and Q & A fashion before delving into the hands-on instruction necessary to demonstrate competence.

Many worksites, businesses, and homes are now purchasing Automated External Defibrillators (AED) to respond quicker to cardiac situations. Our course will show students how to properly operate an AED, as well as troubleshoot some common errors when using AEDs. Knowing how to properly operate an AED unit could be the difference between life and death.

Upon completion of the MEDIC First Aid/CPR/AED course, students who pass the written and hands-on exams shall receive a certification in the course.



**MEDIC**  
**First Aid**

**hsi** Health & Safety  
INSTITUTE