

Heartsaver® First Aid CPR AED Sample Agenda for Schools



CPR AED Lessons *(continued)*

Adult CPR AED		
Lesson Plan	Session 1 (60 minutes)	Time (minutes)
1	Course Introduction	5
2	Adult CPR	55
Session 2 (48 minutes)		Time (minutes)
3	Use an AED (Adult)	15
4	Help from Others	2
5	Adult CPR AED Summary	2
6	Adult CPR and AED Skills Test	20
7	Naloxone	5
8	Adult Choking	4
Child CPR AED (optional)		
Session 3 (40 minutes)		
1	Child CPR AED Introduction	5
2	Child CPR	35
Session 4 (38 minutes)		Time (minutes)
3	Use an AED (Child)	18
4	Help from Others	2
5	Child CPR AED Summary	2
6	Child CPR Skills Test	12
7	Child Choking	4
Infant CPR (optional)		
Session 5 (53 minutes)		
1	Infant CPR Introduction	2
2	Infant CPR	32
3	Infant CPR Summary	2
4	Infant CPR Skills Test	12
5	Infant Choking	5

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CPR AED Lessons *(continued)*

First Aid		
Lesson Plan	Session 1 (50 minutes)	Time (minutes)
1	First Aid Course Introduction	2
2	First Aid Basics: Duties and Key Steps	45
3	First Aid Basics Summary	3
	Session 2 (60 minutes)	
4	Medical Emergencies	25
5	Medical Emergencies Summary	3
6	Injury Emergencies	30
7	Injury Emergencies Summary	2
	Session 3 (31 minutes)	
8	Environmental Emergencies	25
9	Environmental Emergencies Summary	2
10	Preventing Illness and Injury; Legal Questions	2
11	Course Conclusion	2