

## Online Part 1



### What is it?

According to the US Occupational Safety and Health Administration (OSHA), approximately 3.3 million injuries and illnesses occur annually in the workplace. Also, approximately 80 percent of sudden cardiac arrests occur outside of a hospital. That's why it's important to include first aid, CPR and AED training as part of your safety program.

Heartsaver First Aid CPR AED Online Part 1 is an online, self-directed program. The program teaches students critical skills and knowledge needed to respond to and manage a first aid or sudden cardiac arrest emergency in the first few minutes until emergency medical services (EMS) takes over.

Completion of the full course includes Part 1 online, plus a skills practice and testing session (Parts 2 and 3) with an AHA Instructor or Heartsaver® Skills Evaluator™. Upon successful completion of all three parts, students receive an AHA course completion card, valid for two years.

This program can be completed at work, at home or wherever Internet access is available. It can be used for initial or renewal training. Students also have access to all information in the online program for 24 months after activation of their course key.

### Course Covers:

- Key changes reflecting the new science from the 2010 American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care, including the 2010 Guidelines for First Aid
- First aid basics
- Medical emergencies (includes adult choking)
- Injury emergencies
- Environmental emergencies
- Adult CPR and AED use
- Optional modules in child CPR, AED use and choking
- Optional modules in infant CPR and choking

### Primary Audience

This program is for anyone with limited or no medical training who needs a course completion card in first aid, CPR and AED use to meet a job, regulatory or other requirement and is seeking an alternative to classroom-based training.

*Unfortunately, emergencies happen in the workplace. When a life is at stake, don't settle for less. Rely on quality training from the trusted leader in CPR and first aid—rely on the American Heart Association.*

**First aid, CPR and AED training is an important part of an effective safety program. The AHA's Heartsaver First Aid CPR AED Course will give your employees the confidence and skills to respond to a variety of emergencies.**



[www.heart.org/heartsaver](http://www.heart.org/heartsaver)

For more information visit [OnlineAHA.org](http://OnlineAHA.org) or :

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