

# Heartsaver® First Aid CPR AED Online

---

Original Release Date: 03/25/2021  
Last Review Date: March 2024  
Termination Date: 03/24/2027

## Description

Heartsaver First Aid CPR AED provides students the highest quality training in the lifesaving skills of first aid, CPR, and use of an AED. This course empowers students to act with confidence in the event of an emergency at work, home, or in the community.

## Learning Objectives

At the conclusion, participants should be able to

1. Describe how high-quality CPR improves survival
2. Explain the concepts of the Chain of Survival
3. Recognize when someone needs CPR
4. Perform high-quality CPR for an adult
5. Describe how to perform CPR with help from other bystanders
6. Give effective breaths by using mouth-to-mouth or a mask for all age groups
7. Utilize an AED on an adult
8. Perform high-quality CPR for a child
9. Utilize an AED on a child
10. Perform high-quality CPR for an infant
11. Describe when and how to help a choking adult or child
12. Help a choking infant
13. Describe how to help someone with drug overdose emergencies
14. Describe the techniques that help prevent drowning emergencies
15. List the priorities, roles, and responsibilities of first aid rescuers
16. Describe the key steps in first aid
17. Remove protective gloves (a skill students will demonstrate)
18. Find the problem (a skill students will demonstrate)
19. Describe the assessment and first aid actions for the following life-threatening conditions: heart attack, difficulty breathing, choking, severe bleeding, shock, and stroke
20. Utilize an epinephrine pen (a skill students will demonstrate)
21. Control bleeding and bandaging (a skill students will demonstrate)
22. Recognize elements of common injuries
23. Recognize elements of common illnesses
24. Describe the risks of smoking and vaping and the benefits of a healthy lifestyle
25. Describe how to find information on preventing illness and injury
26. Recognize the legal questions that apply to first aid rescuers

\*Course objectives may vary on the basis of the course topics the student completes.

**Accreditation Terms**

IACET: 03/25/2024 – 03/24/2027

Joint Accreditation: N/A

CAPCE: N/A

AARC: N/A

**Accreditation Statements****ACCREDITATION STATEMENT****Continuing Education Accreditation – General Audience**

The American Heart Association is accredited by the International Association for Continuing Education and Training (IACET). The American Heart Association complies with the ANSI/IACET Standard, which is recognized internationally as a standard of excellence in instructional practices. As a result of this accreditation, the American Heart Association is authorized to issue the IACET 0.10 CEU.

**Participation and Successful Completion**

Successful completion of this CE activity includes the following:

1. Complete all portions of the online course
2. Complete the course evaluation
3. Print the Certificate/Statement of Credit

**Disclosure Statement**

All persons in a position to control educational content of a CE activity provided by the American Heart Association must disclose to the audience all financial relationships with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients. The presence or absence of all financial relationships will be disclosed to the audience in activity materials. All unlabeled/unapproved uses of drugs or devices discussed will also be disclosed to the audience. All relevant financial relationships have been mitigated prior to the commencement of the activity.

The following authors/faculty have declared NO financial interest(s) and/or affiliations:

Gustavo E. Flores, MD, NRP, FP-C

Eric Goralnick, MD, MS

Val Powell, MEd

Amber Hoover, RN, MSN

Becky Lehotzky, PhD

Lana M. Gent, PhD

Kent Coppock

Liz McKnight

Yvonne J. Anguiano  
Sylvia Molina

This list represents the relationships that may be perceived as actual or reasonable conflicts of interest as reported on the Disclosure Questionnaire, which all AHA volunteers are required to complete and submit. The focus is on relevant financial relationships with commercial interests in the 24-month period preceding the time that the individual is being asked to assume a role controlling content:

N/A

### **Target Audiences**

The AHA's Heartsaver courses are designed for anyone with little or no medical training who needs first aid and/or CPR training and a course completion card for job, regulatory (e.g., OSHA), or other requirements. Heartsaver courses can also be taken by anyone who wants to be prepared to act in an emergency.

### **ADA Statement**

The American Heart Association does not provide advice to Training Centers on ADA requirements or any other laws, rules, or regulations. Training Centers must determine accommodations necessary to comply with applicable laws. AHA recommends consultation legal counsel.

Core curriculum change requests for accessibility purposes must be scientifically based and approved in advance in writing by the AHA ECC Science & Product Development department; otherwise a student must be able to successfully perform all course requirements (skills and written tests as indicated) to receive a course completion card. Reasonable accommodations may be made, such as placing the manikin on a table at the height necessary for wheelchair-bound individuals. However, the skills must be satisfactorily completed during the testing sessions. Guidelines for accommodating students with special needs or disabilities may be found in the Program Administration Manual.