

## **Sample Heartsaver® First Aid Course Agenda With Optional Lessons Included**

**12 Students, 2 Heartsaver Instructors  
Student-instructor ratio 6:1  
Total time: Approximately 5½ hours**

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| 8:00-8:02   | <b>Lesson 1: Course Introduction</b>   |
| 8:02-8:10   | <b>Lesson 1A: Life Is Why Activity (Optional)</b>  |
| 8:10-9:15   | <b>Lesson 2: First Aid Basics: Duties and Key Steps</b><br>Part I: Duties, Roles, and Responsibilities of First Aid Rescuers<br>Part II: Universal Precautions and Exposure to Blood<br>Part III: Removing Protective Gloves (Test)<br>Part IV: Finding the Problem (Test)                         |
| 9:15-9:20   | <b>Lesson 3: First Aid Basics Summary</b>  |
| 9:20-9:30   | <b>Break</b>   |
| 9:30-10:40  | <b>Lesson 4: Medical Emergencies</b><br>Part I: Breathing Problems<br>Part II: Choking (if teaching First Aid only)<br>Part III: Allergic Reactions<br>Part IV: Using an Epinephrine Pen (Test)<br>Part V: Heart Attack, Fainting, Diabetes and Low Blood Sugar, Stroke, and Seizure               |
| 10:40-10:45 | <b>Lesson 5: Medical Emergencies Summary</b>   |
| 10:45-10:55 | <b>Break</b>   |
| 10:55-12:15 | <b>Lesson 6: Injury Emergencies</b><br>Part I: External Bleeding<br>Part II: Controlling Bleeding and Bandaging (Test)<br>Part III: Wounds<br>Part IV: Internal Bleeding<br>Part V: Head, Neck, and Spine Injuries<br>Part VI: Broken Bones and Sprains<br>Part VII: Burns and Electrical Injuries |
| 12:15-12:25 | <b>Lesson 7: Injury Emergencies Summary</b>  |
| 12:25-12:35 | <b>Break</b>   |
| 12:35-1:00  | <b>Lesson 8: Environmental Emergencies</b><br>Part I: Bites and Stings<br>Part II: Heat-Related Emergencies<br>Part III: Cold-Related Emergencies<br>Part IV: Poison Emergencies   |
| 1:00-1:05   | <b>Lesson 9: Environmental Emergencies Summary</b>   |
| 1:05-1:20   | <b>Lesson 10: Preventing Illness and Injury; Legal Questions</b>   |
| 1:20-1:30   | <b>Lesson 11: Course Conclusion</b>  |