

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**

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