










# Courses for Non-Medical Workers – Ex. Construction, Childcare, Health and Fitness Club Staff


Courses updated to reflect the 2015 AHA Guidelines update for CPR & ECC




\*\* Estimated Time (Based on 6:1 Student to Instructor Ratio)


#	Course	Content	Audience	Student Materials	Instructor Materials	Course Completion Card Type	Estimated Time **
1	<a href="#">Heartsaver® First Aid CPR AED</a>  Instructor-Led Training (Includes skills testing and completion of a written exam if required by employer)  CME/CE Credit: <b>No</b>   Offered in Spanish: <b>Yes</b>	<ul style="list-style-type: none"> <li>• First aid basics</li> <li>• Medical emergencies</li> <li>• Injury emergencies</li> <li>• Environmental emergencies</li> <li>• Preventing illness and injury</li> <li>• Adult CPR and AED use</li> <li>• Opioid-associated life-threatening emergencies</li> <li>• Optional modules in Child CPR AED and Infant CPR</li> <li>• Optional exam</li> </ul>	<ul style="list-style-type: none"> <li>• Anyone with little or no medical training who needs a course completion card for their job, regulatory (e.g., OSHA), or other requirements.</li> <li>• Anyone who wants to be prepared for an emergency in any setting.</li> </ul>	Heartsaver First Aid CPR AED Student Workbook (product <b>15-1018</b> ) OR Heartsaver First Aid CPR AED Student eBook (product <b>15-3117</b> )  Heartsaver First Aid Quick Reference Guide (product <b>15-1022</b> ) OR Heartsaver First Aid Digital Quick Reference Guide (product <b>15-3118</b> )	Heartsaver First Aid CPR AED DVD Set (product <b>15-1019</b> )  Heartsaver First Aid CPR AED Instructor Manual (product <b>15-1023</b> ) OR Heartsaver First Aid CPR AED Instructor Manual eBook (product <b>15-3114</b> )  <a href="#">For more detail, visit the AHA Instructor Network</a>	Heartsaver First Aid CPR AED  (print or eCard available)  The Heartsaver for K-12 Schools card may be issued to K-12 Schools customers.	Approx. 7 hours  (including optional lessons and breaks)
2	<a href="#">Heartsaver® First Aid CPR AED Online</a>	<ul style="list-style-type: none"> <li>• First aid basics</li> <li>• Medical emergencies</li> <li>• Injury emergencies</li> <li>• Environmental emergencies</li> </ul>	<ul style="list-style-type: none"> <li>• Anyone with little or no medical training who needs a course completion card for their job,</li> </ul>	Heartsaver First Aid CPR AED Online (product <b>15-1403</b> )	Heartsaver First Aid CPR AED Instructor Manual	Heartsaver First Aid CPR AED (print or eCard available)	Online portion: 4 hrs



 <p>Blended Learning</p> <p>(online portion, followed by hands-on session; includes completion of a written exam if required by employer)</p>  <p>CME/CE Credit: <b>Yes</b></p>  <p>Offered in Spanish: <b>No</b></p>	<ul style="list-style-type: none"> <li>• Preventing illness and injury</li> <li>• Adult CPR and AED use</li> <li>• Opioid-associated life-threatening emergencies</li> <li>• Optional modules in Child CPR AED use and Infant CPR</li> <li>• Optional module(s) in child CPR and AED use and infant CPR</li> <li>• Optional exam</li> </ul>	<p>regulatory (e.g., OSHA), or other requirements.</p> <ul style="list-style-type: none"> <li>• Anyone who wants to be prepared for an emergency in any setting.</li> </ul>		<p>(product <b>15-1023</b>)</p> <p>Heartsaver First Aid CPR AED DVD Set (product <b>15-1019</b>)</p> <p><a href="#">For more detail, visit the AHA Instructor Network</a></p>		<p>Hands-On Skills Session: 2.5 hrs</p>
<p><b>3</b></p> <p><a href="#">Heartsaver® CPR AED</a></p>  <p>Instructor-Led Training (Includes skills testing and completion of a written exam if required by employer)</p>	<ul style="list-style-type: none"> <li>• Recognition of someone who needs CPR</li> <li>• Adult CPR and AED use</li> <li>• Opioid-associated life-threatening emergencies</li> <li>• Child CPR and AED use</li> <li>• Infant CPR</li> <li>• Adult, child, and infant choking</li> </ul>	<ul style="list-style-type: none"> <li>• Anyone with little or no medical training who needs a course completion card for their job, regulatory (e.g., OSHA), or other requirements.</li> <li>• Anyone who wants to be prepared for</li> </ul>	<p>Heartsaver CPR AED Student Workbook (product <b>15-1020</b>) OR Heartsaver CPR AED Student eBook (product <b>15-3116</b>)</p>	<p>Heartsaver First Aid CPR AED Instructor Manual (product <b>15-1023</b>) OR Heartsaver First Aid CPR AED Instructor Manual eBook (product <b>15-3114</b>)</p>	<p>Heartsaver CPR AED (print or eCard available)</p> <p>The Heartsaver for K-12 Schools card may be issued to K-12 Schools customers.</p>	<p>Approx. 4.5 hours</p> <p>(including optional lessons and breaks)</p>



	<p>CME/CE Credit: <b>No</b></p>  <p>Offered in Spanish: <b>Yes</b></p>	<ul style="list-style-type: none"> <li>Optional module(s) in child CPR and AED use and infant CPR, including child and infant choking</li> <li>Optional exam</li> </ul>	<p>an emergency in any setting.</p>		<p>Heartsaver First Aid CPR AED DVD Set (product <b>15-1019</b>)</p> <p><a href="#">For more detail, visit the AHA Instructor Network</a></p>		
<p>4</p>	<p><a href="#">Heartsaver® CPR AED Online</a></p>  <p>Blended Learning (online portion, followed by hands-on session; includes completion of a written exam if required by employer)</p>  <p>CME/CE Credit: <b>Yes</b></p> <p>Offered in Spanish: <b>No</b></p>	<p>After successfully completing this course, students will be able to</p> <ul style="list-style-type: none"> <li>Describe how high-quality CPR improves survival</li> <li>Explain the concepts of the Chain of Survival</li> <li>Recognize when someone needs CPR</li> <li>Perform high-quality CPR for an adult</li> <li>Describe how to perform CPR with help from others</li> <li>Give effective breaths by using mouth-to-mouth or a mask for all age groups</li> <li>Demonstrate how to use an AED on an adult</li> <li>Perform high-quality</li> </ul>	<ul style="list-style-type: none"> <li>Anyone with little or no medical training who needs a course completion card for their job, regulatory (e.g., OSHA), or other requirements.</li> <li>Anyone who wants to be prepared for an emergency in any setting.</li> </ul>	<p>Heartsaver CPR AED Online (product <b>15-1401</b>)</p>	<p>Heartsaver First Aid CPR AED DVD Set (product <b>15-1019</b>)</p> <p>Heartsaver First Aid CPR AED Instructor Manual with Lesson Plans and Instructor CD (product <b>15-1023</b>)</p> <p>Heartsaver First Aid CPR AED Instructor Manual eBook (product <b>15-3114</b>)</p> <p><a href="#">For more detail, visit the AHA Instructor Network</a></p>	<p>Heartsaver CPR AED (print or eCard available)</p>	<p>Online portion: 1.75 hours</p> <p>Hands-On Skills Session: 45-90 minutes</p>

		<ul style="list-style-type: none"> <li>• CPR for a child*</li> <li>• Demonstrate how to use an AED on a child*</li> <li>• Perform high-quality CPR for an infant*</li> <li>• Describe when and how to help a choking adult or child</li> <li>• Demonstrate how to help a choking infant*</li> </ul> <p>*Optional module(s)</p>					
5	<p><a href="#">Heartsaver® First Aid</a></p>  <p>Instructor-Led Training (Includes skills testing and completion of a written exam if required by employer)</p> <p>CME/CE Credit: <b>No</b></p> <p>Offered in Spanish: <b>No</b></p>	<ul style="list-style-type: none"> <li>• Key steps in first aid</li> <li>• Assessment and first aid actions for the following life-threatening conditions: heart attack, difficulty breathing, choking, severe bleeding, shock, and stroke</li> <li>• Epinephrine pen use</li> <li>• Control of bleeding and bandaging</li> <li>• Recognition of common injuries and illnesses</li> <li>• Protective glove removal</li> <li>• Finding the problem</li> </ul>	<ul style="list-style-type: none"> <li>• Anyone with little or no medical training who needs a course completion card for their job, regulatory (e.g., OSHA), or other requirements.</li> <li>• Anyone who wants to be prepared for an emergency in any setting.</li> </ul>	<p>Heartsaver First Aid Quick Reference Guide (product <b>15-1022</b>)</p> <p>*<b>15-1022</b> Heartsaver First Aid Quick Reference Guide also sold separately</p>	<p>Heartsaver First Aid CPR AED DVD Set (product <b>15-1019</b>)</p> <p>Heartsaver First Aid CPR AED Instructor Manual (product <b>15-1023</b>) OR Heartsaver First Aid CPR AED Instructor Manual eBook (product <b>15-3114</b>)</p> <p><a href="#">For more detail, visit the AHA Instructor Network</a></p>	<p>Heartsaver First Aid (print or eCard available)</p>	<p>Approx. 3 hours</p> <p>(including optional lessons and breaks)</p>

<p>6</p>	<p><a href="#">Heartsaver® First Aid Online</a></p>  <p>Blended Learning (online portion, followed by hands-on session; includes completion of a written exam if required by employer)</p>  <p>CME/CE Credit: <b>Yes</b></p> <p>Offered in Spanish: <b>No</b></p>	<ul style="list-style-type: none"> <li>• Key steps in first aid</li> <li>• Assessment and first aid actions for the following life-threatening conditions: heart attack, difficulty breathing, choking, severe bleeding, shock, and stroke</li> <li>• Epinephrine pen use</li> <li>• Control of bleeding and bandaging</li> <li>• Recognition of common injuries and illnesses</li> <li>• Protective glove removal</li> <li>• Finding the problem</li> </ul>	<ul style="list-style-type: none"> <li>• Anyone with little or no medical training who needs a course completion card for their job, regulatory (e.g., OSHA), or other requirements.</li> <li>• Anyone who wants to be prepared for an emergency in any setting.</li> </ul>	<p>Heartsaver First Aid Online (product <b>15-1402</b>)</p> <p>Heartsaver First Aid Student Workbook (product <b>15-1021</b>) with: - Heartsaver First Aid Quick Reference Guide*</p> <p>Heartsaver First Aid Student eBook (product <b>15-3115</b>)</p> <p>Heartsaver First Aid Digital Quick Reference Guide (product <b>15-3118</b>)</p> <p><b>*15-1022</b> Heartsaver First Aid Quick Reference Guide also sold separately</p>	<p>Heartsaver First Aid CPR AED DVD Set (product <b>15-1019</b>)</p> <p>Heartsaver First Aid CPR AED Instructor Manual with Lesson Plans and Instructor CD* (product <b>15-1023</b>)</p> <p>Heartsaver First Aid CPR AED Instructor Manual eBook (product <b>15-3114</b>)</p> <p><a href="#">For more detail, visit the AHA Instructor Network</a></p>	<p>Heartsaver First Aid (print or eCard available)</p>	<p>Online portion: 3.5 hours</p> <p>Hands-On Skills Session: 30 minutes</p>
<p>7</p>	<p><a href="#">Heartsaver® Pediatric First Aid CPR AED</a></p>  <p>Instructor-Led Training (Includes skills testing and completion of a written</p>	<ul style="list-style-type: none"> <li>• Four key steps in first aid for children and infants: prevent, protect, assess, and act</li> <li>• Assessment and first aid actions for the following life-threatening</li> </ul>	<p>Anyone involved in childcare who have a duty to respond to illnesses and injuries in a child or infant in the first few minutes until professional help arrives. Including: Child care workers, Teachers, Camp counselors, etc</p>	<p>Heartsaver Pediatric First Aid CPR AED Student Workbook (product <b>15-1038</b>)</p> <ul style="list-style-type: none"> <li>• Heartsaver Pediatric First Aid CPR AED Quick Reference</li> </ul>	<p>Heartsaver Pediatric First Aid CPR AED Instructor Manual (product <b>15-1039</b>)</p> <p>OR Heartsaver First Aid</p>	<p>Heartsaver Pediatric First Aid CPR AED (print or eCard available)</p>	<p>7-9 hours</p>

<p>exam if required by employer)</p> <p>CME/CE Credit: <b>No</b></p> <p>Offered in Spanish: <b>No</b></p>	<p>conditions: difficulty breathing, choking, severe bleeding, and shock</p> <ul style="list-style-type: none"> <li>• Control bleeding and bandaging</li> <li>• Epinephrine pen use</li> <li>• Recognition of common injuries and common illnesses</li> <li>• Prevention of illness and injury</li> <li>• CPR and AED Use for Adults*, Children and Infants</li> <li>• Adult*, Child, and Infant Choking</li> <li>• Recognition for someone who needs CPR</li> <li>• Protective glove removal</li> <li>• Finding the problem</li> </ul> <p>*Optional module(s)</p>		<p>Guide (product <b>15-1040</b>)</p>	<p>CPR AED Instructor Manual eBook (product <b>15-3112</b>)</p> <p>Heartsaver Pediatric First Aid CPR AED DVD set (product <b>15-1041</b>)</p> <p><a href="#">For more detail, visit the AHA Instructor Network</a></p>		
<p><b>8</b></p> <p><a href="#">Heartsaver® Pediatric First Aid CPR AED Online</a></p>  <p>Blended Learning (online portion, followed by hands-on session; includes</p>	<ul style="list-style-type: none"> <li>• Four key steps in first aid for children and infants: prevent, protect, assess, and act</li> <li>• Assessment and first aid actions for the following life-threatening</li> </ul>	<p>Anyone involved in childcare who have a duty to respond to illnesses and injuries in a child or infant in the first few minutes until professional help arrives. Including: Child care workers, Teachers, Camp counselors, etc.</p>	<p>Heartsaver Pediatric First Aid CPR AED Online (product <b>15-1404</b>)</p>	<p>Heartsaver Pediatric First Aid CPR AED Instructor Manual (product <b>15-1039</b>) OR Heartsaver First Aid CPR AED Instructor Manual eBook</p>	<p>Heartsaver Pediatric First Aid CPR AED (print or eCard available)</p>	<p>Online portion: 2.5 hrs</p> <p>Hands-On Skills Session: 2.5 hrs</p>

<p>completion of a written exam if required by employer)</p>  <p>CME/CE Credit: <b>Yes</b></p> <p>Offered in Spanish: <b>No</b></p>	<p>conditions: difficulty breathing, choking, severe bleeding, and shock</p> <ul style="list-style-type: none"> <li>• Control bleeding and bandaging</li> <li>• Epinephrine pen use</li> <li>• Recognition of common injuries and common illnesses</li> <li>• Prevention of illness and injury</li> <li>• How to use an AED on an adult*</li> <li>• How to use an AED on a child</li> <li>• How to help a choking child, infant, or adult</li> <li>• Recognition for someone who needs CPR</li> <li>• Protective glove removal</li> <li>• Finding the problem</li> </ul> <p>*Optional Module(s)</p>			<p>(product <b>15-3112</b>)</p> <p><a href="#">For more detail, visit the AHA Instructor Network</a></p>		
<p><b>9</b></p> <p><a href="#">Heartsaver® Bloodborne Pathogens</a></p>  <p>Instructor-Led Training</p> <p>(Includes skills testing and completion of a written exam if</p>	<ul style="list-style-type: none"> <li>• Definition of bloodborne pathogens</li> <li>• Four main steps for staying safe when facing an occupational exposure</li> <li>• How universal precautions, personal protective</li> </ul>	<p>Anyone with a reasonable chance of coming into contact with bloodborne pathogens. Including: Correctional officers, Childcare workers, Security</p>	<p>Heartsaver Bloodborne Pathogens Student Workbook (product <b>15-1035</b>)</p> <p>Heartsaver Bloodborne Pathogens Student eBook</p>	<p>Heartsaver Bloodborne Pathogens Facilitator Package (product <b>15-1036</b>)</p> <p><a href="#">For more detail, visit the AHA Instructor Network</a></p>	<p>Tear-out course participation card is included on the back cover of the Heartsaver Bloodborne Pathogens Student Workbook.</p>	<p>1 hour</p>

	<p>required by employer)</p> <p>CME/CE Credit: <b>No</b></p> <p><b>ES</b></p> <p>Offered in Spanish: <b>Yes</b></p>	<p>equipment, and handwashing can protect you from infection</p> <ul style="list-style-type: none"> <li>• Recognition of warning signs and labels for biohazards</li> <li>• How to safely remove gloves</li> <li>• How to dispose of sharps and other blood-containing items</li> <li>• Identification of types of spills and methods to clean them</li> <li>• Exposure control plan discussion</li> </ul>	<p>guards, Health and fitness club staff, Tattoo artists, etc.</p>	<p>(product <b>15-3111</b>)</p>			
<p><b>10</b></p>	<p><a href="#">Heartsaver® Bloodborne Pathogens Online</a></p> <p> eLearning</p> <p> CME/CE Credit: <b>Yes</b></p> <p>Offered in Spanish: <b>No</b></p>	<ul style="list-style-type: none"> <li>• Definition of bloodborne pathogens</li> <li>• Four main steps for staying safe when facing an occupational exposure</li> <li>• How universal precautions, personal protective equipment, and handwashing can protect you from infection</li> <li>• Recognition of warning signs and labels for biohazards</li> </ul>	<p>Anyone with a reasonable chance of coming into contact with bloodborne pathogens. Including: Correctional officers, Childcare workers, Security guards, Health and fitness club staff, Tattoo artists, etc.</p>	<p>Heartsaver Bloodborne Pathogens Online (product <b>15-1405</b>)</p>		<p>Certificate of Completion, if required</p>	<p>1 hour</p>



		<ul style="list-style-type: none"> <li>• How to safely remove gloves</li> <li>• How to dispose of sharps and other blood-containing items</li> <li>• Identification of types of spills and methods to clean them</li> <li>• Exposure control plan discussion</li> </ul>				
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## Courses for the General Public

Courses updated to reflect the 2015 AHA Guidelines update for CPR & ECC

\*\* Estimated Time (Based on 6:1 Student to Instructor Ratio)

#	Course	Content	Audience	Student Materials	Instructor Materials (for more detail, visit the AHA Instructor Network)	Course Completion Card Type	Estimated Time **
1	<a href="#">Family &amp; Friends® CPR</a>  Classroom-based CME/CE Credit: <b>No</b>  Offered in Spanish: <b>Yes</b>	The Family & Friends CPR program teaches: <ul style="list-style-type: none"> <li>• Adult Hands-Only CPR and AED</li> <li>• Adult CPR With Breaths*</li> <li>• Mild and Severe Airway Block: How to Help a Choking Adult*</li> </ul>	<ul style="list-style-type: none"> <li>• Anyone who wants to learn CPR and prefer to learn in an Instructor-led or facilitated group environment.</li> <li>• This course is for people who do not need a course completion card for a job or other requirements.</li> </ul>	Family & Friends CPR Student Manual (product <b>15-1016</b> )	Family & Friends CPR DVD with Facilitator Guide (product <b>15-1017</b> )  <a href="#">For more detail, visit the AHA Instructor Network</a>	Tear-out participation card included in student manual	<ul style="list-style-type: none"> <li>• Adult Hands-Only CPR/AED/Choking: 25 minutes</li> <li>• Child CPR/AED/Choking: 35 minutes</li> <li>• Infant CPR/Choking: 30 minutes</li> </ul>

		<ul style="list-style-type: none"> <li>• Child CPR and AED*</li> <li>• Mild and Severe Airway Block: How to Help a Choking Child*</li> <li>• Infant CPR*</li> <li>• Mild and Severe Airway Block: How to Help a Choking Infant*</li> </ul> <p>*Optional Module(s)</p>					
2	<p><a href="#">CPR in Schools Training Kit™</a></p> <p>Facilitated learning in school settings</p> <p>CME/CE Credit: <b>No</b></p> <p><b>ES</b></p> <p>Offered in Spanish: <b>Yes</b></p>	<ul style="list-style-type: none"> <li>• Adult Hands-Only CPR</li> <li>• Child CPR (including breaths)</li> <li>• Adult and child choking relief</li> <li>• Use of an AED</li> </ul>	<ul style="list-style-type: none"> <li>• Educators, school nurses or student leaders to train groups of 10 students at once in a school setting.</li> <li>• The kit can also be used to train community members to extend the lifesaving skills into the community.</li> </ul>	CPR in Schools Training Kit (product <b>15-1044</b> )	CPR in Schools Training Kit	None	Less than 30 minutes
3	<p><a href="#">Adult &amp; Child CPR Anytime® Kits</a></p> <p>Self-directed learning through personal kit</p> <p>CME/CE Credit: <b>No</b></p> <p><b>ES</b></p>	<ul style="list-style-type: none"> <li>• Adult Hands-Only CPR &amp; AED</li> <li>• Child CPR (including breaths) &amp; AED</li> <li>• Adult and child choking relief</li> </ul>	General public, specifically anyone who wants to learn basic CPR skills, choking relief and AED awareness, and does not need a course completion card.	Adult and Child CPR Anytime Kit (product <b>15-1014</b> )	None	None	30 minutes

	Offered in Spanish: <b>Yes</b>						
4	<a href="#">Infant CPR Anytime® Kits</a>  Self-directed learning through personal kit  CME/CE Credit: <b>No</b>  <b>ES</b> Offered in Spanish: <b>Yes</b>	<ul style="list-style-type: none"> <li>• Infant CPR</li> <li>• Relief of choking in an infant</li> <li>• Calling for help</li> </ul>	<ul style="list-style-type: none"> <li>• Anyone who wants to learn lifesaving infant CPR and choking skills but does not need a course completion card</li> <li>• This kit also is used in hospital NICU and PICU programs to teach skills to new parents, while allowing nursing staff to focus on patient care</li> </ul>	Infant CPR Anytime Kit (product <b>15-1013</b> )	None	None	20 minutes

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CPR-related inquiries: 1-877-AHA-4CPR or 1-877-242-4277

[International Inquiries](#) [Global Web Support](#)



**American  
Heart  
Association.**

National Center  
7272 Greenville Ave. Dallas, TX 75231

Customer Service  
1-800-AHA-USA-11-800-242-8721 [Contact Us](#)

Hours  
Mon - Fri: 7AM-9PM CST

Sat - Sun: 9AM-5PM CST