

2015 AHA Guidelines Course Matrix

Courses for Healthcare Professionals

Course	Delivery Format	Content	Audience	Student Materials	Instructor Materials	Written Exam / Skills Session	Course Completion Card Type	Estimated Time	CME / CE Credit	Offered in Spanish
BASIC LIFE SUPPORT COURSES										
BLS Provider	Instructor-Led Training	<p>After successfully completing the BLS Course, students should be able to:</p> <ul style="list-style-type: none"> Describe the importance of high-quality CPR and its impact on survival Describe all the steps of the Chain of Survival and apply the BLS concepts Recognize the signs of someone needing CPR Perform high-quality CPR for an adult, child, and infant Describe the importance of early use and demonstrate the appropriate use of an automated external defibrillator (AED) Provide effective ventilation using a barrier device Describe the importance of teams in multirescuer resuscitation Perform as an effective team member during multirescuer CPR Describe the technique for relief of foreign-body airway obstruction for an adult, child, or infant 	<p>The AHA's BLS Course is designed for healthcare providers caring for patients both in prehospital, and in-facility environments.</p> <p>Prehospital: First responders including EMTs, paramedics, fire fighters, and police officers</p> <p>In-facility: Providers who work in a hospital, clinic, or other healthcare facility (i.e., dentist office, skilled nursing, and assisted-living facilities)</p>	<p><i>BLS Provider Manual</i> (product #15-1010; includes BLS Reference Card)</p> <p>OR</p> <p>BLS Provider Manual eBook (product #15-3102; includes digital BLS Reference Card)</p>	<p>BLS Instructor Package (product #15-1012)</p> <p>OR</p> <p>BLS DVD Set (product #15-1011)</p> <p>And</p> <p><i>BLS Instructor Manual</i>: Print: product #15-1009 eBook: product #15-3103</p>	Written exam, skills testing	BLS Provider (eCard or print available)	Approx. 4.5 hours	No	Yes

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BASIC LIFE SUPPORT COURSES										
HeartCode® BLS	Blended Learning (online portion, followed by hands-on session)	<p>After successfully completing the full BLS Course (HeartCode BLS online portion, followed by hands-on session), students should be able to:</p> <ul style="list-style-type: none"> Describe the importance of high-quality CPR and its impact on survival Describe all the steps of the Chain of Survival and apply the BLS concepts Recognize the signs of someone needing CPR Perform high-quality CPR for an adult, child, and infant Describe the importance of early use and demonstrate the appropriate use of an automated external defibrillator (AED) Provide effective ventilation using a barrier device Describe the importance of teams in multirescuer resuscitation Perform as an effective team member during multirescuer CPR Describe the technique for relief of foreign-body airway obstruction for an adult, child, or infant 	<p>The AHA's BLS Course is designed for healthcare providers caring for patients both in prehospital and in-facility environments.</p> <p>Prehospital: First responders including EMTs, paramedics, fire fighters, and police officers</p> <p>In-facility: Providers who work in a hospital, clinic, or other healthcare facility (i.e., dentist office, skilled nursing, and assisted-living facilities)</p> <p>HeartCode BLS is for those seeking an alternative delivery method for completing the cognitive portion of BLS training.</p>	HeartCode BLS (product #15-1010)	<p>BLS Instructor Package (product #15-1012)</p> <p>OR</p> <p>BLS DVD Set (product #15-1011)</p> <p>And</p> <p><i>BLS Instructor Manual</i>: Print: product #15-1009 eBook: product #15-3103</p>	<p>Online portion, including written exam, followed by a structured, Instructor-led hands-on session.*</p> <p>Where available, hands-on session may be completed with a voice-assisted manikin.</p>	BLS Provider (eCard or print available)	<p>Online portion: Approx. 90-100 minutes</p> <p>Hands-on Session: Ranges from 45 minutes-2 hours (depending on agenda used by the Instructor)</p>	Yes	No

*Hands-on session can be purchased separately through AHA Training Centers.

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ADVANCED CARDIOVASCULAR LIFE SUPPORT COURSES										
ACLS Provider	Instructor-led Training	<p>After successfully completing the ACLS Course, students should be able to:</p> <ul style="list-style-type: none"> Apply the BLS, Primary, and Secondary Assessments sequence for a systematic evaluation of adult patients Perform prompt, high-quality BLS, including prioritizing early chest compressions and integrating early automated external defibrillator (AED) use Recognize and perform early management of respiratory arrest, ACS, and stroke, including appropriate disposition Recognize and perform early management of bradyarrhythmias and tachyarrhythmias that may result in cardiac arrest or complicate resuscitation outcome Recognize and perform early management of cardiac arrest until termination of resuscitation or transfer of care, including immediate post-cardiac arrest care Model effective communication as a member or leader of a high-performance team Evaluate resuscitative efforts during a cardiac arrest through continuous assessment of CPR quality, monitoring the patient's physiologic response, and delivering real-time feedback to the team Recognize the impact of team dynamics on overall team performance and discuss how the use of a rapid response team or medical emergency team may improve patient outcomes Define systems of care 	The ACLS Course is designed for healthcare professionals who either direct or participate in the management of cardiopulmonary arrest or other cardiovascular emergencies (i.e., personnel in emergency response, emergency medicine, intensive care, and critical care units) such as physicians, nurses, and paramedics, as well as others who need an ACLS course completion card for job or other requirements.	<p><i>ACLS Provider Manual</i> (product #15-1005)</p> <p>OR</p> <p>ACLS Provider Manual eBook (product #15-3100)</p> <p>ACLS Pocket Reference Card Set (product #15-1007)</p> <p>OR</p> <p>ACLS Digital Pocket Reference Card Set (product #15-3109)</p>	<p>ACLS Instructor Package (product #15-1006)</p> <p>OR</p> <p>ACLS DVD Set (product #15-1004)</p> <p>And</p> <p><i>ACLS Instructor Manual</i> Print: product #15-1003 eBook: product #15-3101</p>	Written exam and skills testing	ACLS Provider (eCard or print available)	Approx. 15 hours and 20 minutes	Yes, AHA offers CE for EMS students	Yes

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ADVANCED CARDIOVASCULAR LIFE SUPPORT COURSES										
HeartCode® ACLS	Blended Learning (online portion, followed by hands-on session)	<p>After successfully full ACLS Course (HeartCode ACLS online portion, followed by hands-on session), students should be able to:</p> <ul style="list-style-type: none"> Apply the BLS, Primary, and Secondary Assessments sequence for a systematic evaluation of adult patients Perform prompt, high-quality BLS, including prioritizing early chest compressions and integrating early automated external defibrillator (AED) use Recognize and perform early management of respiratory arrest, ACS, and stroke, including appropriate disposition Recognize and perform early management of bradyarrhythmias and tachyarrhythmias that may result in cardiac arrest or complicate resuscitation outcome Recognize and perform early management of cardiac arrest until termination of resuscitation or transfer of care, including immediate post-cardiac arrest care Model effective communication as a member or leader of a high-performance team Evaluate resuscitative efforts during a cardiac arrest through continuous assessment of CPR quality, monitoring the patient's physiologic response, and delivering real-time feedback to the team Recognize the impact of team dynamics on overall team performance and discuss how the use of a rapid response team or medical emergency team may improve patient outcomes Define systems of care 	<p>The ACLS Course is designed for healthcare professionals who either direct or participate in the management of cardiopulmonary arrest or other cardiovascular emergencies (i.e., personnel in emergency response, emergency medicine, intensive care, and critical care units) such as physicians, nurses, and paramedics, as well as others who need an ACLS course completion card for job or other requirements.</p> <p>HeartCode ACLS is for healthcare professionals and others seeking an alternative delivery method for completing ACLS training.</p>	HeartCode ACLS (product #15-1407)	<p>ACLS Instructor Package (product #15-1006)</p> <p>OR</p> <p>ACLS DVD Set (product #15-1004)</p> <p>And</p> <p><i>ACLS Instructor Manual</i> Print: product #15-1003 eBook: product #15-3101</p>	<p>Online portion, including written exam, followed by a structured, Instructor-led hands-on session.</p> <p>Where available, hands-on session may be completed with a voice-assisted manikin.</p>	ACLS Provider (eCard or print available)	<p>Online portion: Approx. 6.5 to 7 hours</p> <p>Hands-on Session: Approx. 5 hours</p>	Yes	No

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ADVANCED CARDIOVASCULAR LIFE SUPPORT COURSES										
ACLS for Experienced Providers (ACLS EP)	Instructor-led Training	After successfully completing the ACLS EP Course, students should be able to <ul style="list-style-type: none"> Demonstrate proficiency in providing BLS care, including prioritizing chest compressions and integrating use of an AED Recognize and manage respiratory arrest Recognize and manage cardiac arrest until termination of resuscitation or transfer of care, including post-cardiac arrest care Demonstrate effective communication as leader or member of a resuscitation team and recognize the impact of team dynamics on overall team performance Apply the systematic approach to assessment, evaluation, and management of complex cardiovascular, respiratory, and other emergencies 	The ACLS EP Course is for seasoned healthcare providers who manage complex cardiovascular, respiratory, and other emergencies; those who are proficient in performing BLS and ACLS skills, reading and interpreting ECGs, understanding ACLS pharmacology; and who regularly lead or participate in emergency assessment and treatment of prearrest, arrest, or postarrest patients. This audience includes physicians, paramedics, and emergency department or critical care nurses. Also, the Course Director may allow other professionals who are deeply involved in the field of resuscitation, including scientists, educators, and researchers, to take this course.	<i>ACLS EP Resource Text</i> (product #15-1064) OR <i>ACLS EP Resource Text eBook</i> (product #15-3134)	ACLS EP Instructor Package (product #15-1065)	Successful completion of ACLS Exam required prior to participation in ACLS EP	ACLS EP (eCard or print available)	Approx. 8 hours	Yes, AHA offers CE for EMS students	No

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PEDIATRIC ADVANCED LIFE SUPPORT COURSES										
PALS Provider	Instructor-Led Training	<ul style="list-style-type: none"> 1-rescuer child CPR and AED use and 2-rescuer infant CPR Management of respiratory emergencies Rhythm disturbances and electrical therapy Vascular access Resuscitation team concept Cardiac, respiratory and shock case discussions and simulations Systematic Approach to Pediatric Assessment 	PALS is for healthcare providers who respond to emergencies in infants and children. These include personnel in emergency response, emergency medicine, intensive care and critical care units, such as physicians, nurses, paramedics and others who need a PALS course completion card for job or other requirements.	<i>PALS Provider Manual</i> (15-1058) PALS Pocket Reference Card (15-1046)	<i>PALS Instructor Manual</i> (15-1047) PALS DVD Set (15-1051) PALS Posters (15-1049) PALS Emergency Crash Cart Cards (15-1050) OR PALS Instructor Package (15-1048), includes: <ul style="list-style-type: none"> <i>PALS Provider Manual</i> (15-1058) <i>PALS Instructor Manual</i> (15-1047) PALS DVD Set (15-1051) PALS Emergency Crash Cart Cards (15-1050) PALS Posters (15-1050) 	Written exam and skills test	PALS Provider (print or eCard)	Full course: 14 hours, 10 minutes Update with all optional stations: 8 hours, 20 minutes Update without optional stations: 6 hours, 20 minutes	Yes, for EMS students	No
HeartCode® PALS	Blended Learning (online portion, followed by hands-on session)	<ul style="list-style-type: none"> 12 pediatric, hospital-based, patient cases with up to four healthcare providers, presented through eSimulation technology Systematic approach to pediatric assessment Recognition and management of respiratory and shock emergencies Recognition and management of respiratory and cardiac arrest Immediate post-cardiac arrest care Effective communication 	For healthcare providers who respond to emergencies in infants and children. These include personnel in emergency response, emergency medicine, intensive care and critical care units, such as physicians, nurses, paramedics and others who need a PALS course completion card for job or other requirements and are seeking an alternative (nonclassroom) method for receiving a Course Completion Card.	HeartCode PALS (15-1412)	<i>PALS Instructor Manual</i> (15-1047) PALS DVD Set (15-1051)	Online portion, including written exam, followed by a structured, Instructor-led hands-on session. *	PALS Provider (print or eCard)	Online portion: 6-9 hours Time to complete hands-on session varies	Yes	No

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Additional Courses for Healthcare Professionals

Course	Delivery Format	Content	Audience	Student Materials	Instructor Materials	Written Exam / Skills Session	Course Completion Card Type	Estimated Time	CME / CE Credit	Offered in Spanish
Acute Stroke Online	eLearning	<ul style="list-style-type: none"> • Discuss at least 3 risk factors for stroke. • List at least 2 conditions that can be present with neurologic signs or can mimic stroke, including, but not limited to, hypoglycemia and postictal paralysis. • Explain the difference in treatment for ischemic and hemorrhagic stroke. • Discuss the 3 components of the Cincinnati Prehospital Stroke Scale. Identify the time frame in which an ischemic stroke patient can be treated with fibrinolytic therapy • Identify the 8 Ds of stroke care • List the stroke chain of survival • Manage stroke patients through disposition • Describe the pathophysiology of stroke 	Acute Stroke Online is for in- and out-of-hospital personnel, particularly experience healthcare providers who are involved in the care and treatment of suspected stroke victims	Acute Stroke Online (15-1409)	None	Online exam	Students will receive a Certificate of Completion	1-2 hours	Yes	No

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Courses for Lay Rescuers (workplace or anyone who needs a course completion card)

Course	Delivery Format	Content	Audience	Student Materials	Instructor Materials	Written Exam / Skills Session	Course Completion Card Type	Estimated Time	CME / CE Credit	Offered in Spanish
HEARTSAVER COURSES										
Heartsaver® First Aid CPR AED	Instructor-Led Training	<p>After successfully completing the Heartsaver First Aid CPR AED Course, students should be able to:</p> <ul style="list-style-type: none"> List the priorities, roles, and responsibilities of first aid resources Describe the key steps in first aid Remove protection gloves Find the problem Describe the assessment and first aid actions for the following life-threatening conditions: heart attack, difficulty breathing, choking, severe bleeding, shock, and stroke Use an epinephrine pen Control bleeding and bandaging Recognize elements of common injuries and illnesses Describe how to find information on preventing illness and injury Recognize the legal questions that apply to first aid rescuers Describe how high-quality CPR improves survival and explain the concepts of the Chain of Survival Recognize when someone needs CPR Perform high-quality CPR for an adult, child, and infant* Perform as a team member during multi-rescuer CPR Give effective breaths using mouth-to-mouth or a mask for all age groups Demonstrate how to use and AED on an adult and a child* Describe how to use an AED on an infant* Describe when and how to help a choking adult, child, and infant* <p><i>*Child and infant modules are optional</i></p>	<p>Heartsaver courses are intended for anyone with little or no medical training who need a course completion card for their job, regulatory (e.g., OSHA), or other requirements. These courses can also be taken by anyone who wants to be prepared for an emergency in any setting.</p> <p>This course is also approved for US Coast Guard training.</p>	<p><i>Heartsaver First Aid CPR AED Student Workbook</i> (product #15-1018)</p> <p>OR</p> <p>Heartsaver First Aid CPR AED Student eBook (product #15-3117)</p> <p>Heartsaver First Aid Quick Reference Guide (product #15-1022)</p> <p>OR</p> <p>Heartsaver First Aid Digital Quick Reference Guide (product #15-3118)</p>	<p>Heartsaver First Aid CPR AED DVD Set (product #15-1019)</p> <p><i>Heartsaver First Aid CPR AED Instructor Manual</i> (product #15-1023)</p> <p>OR</p> <p>Heartsaver First Aid CPR AED Instructor Manual eBook (product #15-3114)</p>	<p>Optional written exam available for Instructors to administer to students whose employers require completion of a written exam.</p> <p>Skills practice and testing with AHA Instructor during course.</p>	Heartsaver First Aid CPR AED (eCard or print available)	Approx. 7 hours (including optional lessons and breaks)	No	Yes

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HEARTSAVER COURSES										
Heartsaver® CPR AED	Instructor-Led Training	<p>After successfully completing the Heartsaver CPR AED Course, students should be able to:</p> <ul style="list-style-type: none"> Describe how high-quality CPR improves survival and explain the concepts of the Chain of Survival Recognize when someone needs CPR Perform high-quality CPR for an adult, child, and infant* Describe how to perform CPR with help from others Give effective breaths by using mouth-to-mouth or a mask for all age groups Demonstrate how to use an AED on an adult and a child* Describe when and how to help a choking adult, child, or infant* <p><i>*Child and infant modules are optional</i></p>	Heartsaver courses are intended for anyone with little or no medical training who need a course completion card for their job, regulatory (e.g., OSHA), or other requirements. These courses can also be taken by anyone who wants to be prepared for an emergency in any setting.	<p><i>Heartsaver CPR AED Student Workbook</i> (product #15-1020)</p> <p>OR</p> <p>Heartsaver CPR AED Student eBook (product #15-3116)</p>	<p><i>Heartsaver First Aid CPR AED Instructor Manual</i> (product #15-1023)</p> <p>OR</p> <p>Heartsaver First Aid CPR AED Instructor Manual eBook (product #15-3114)</p> <p>Heartsaver First Aid CPR AED DVD Set (product #15-1019)</p>	<p>Optional written exam available for Instructors to administer to students whose employers require completion of a written exam</p> <p>Skills practice and testing with AHA Instructor during course</p>	Heartsaver CPR AED (eCard or print available)	Approx. 4.5 hours (including optional lessons and breaks)	No	No
Heartsaver® First Aid	Instructor-Led Training	<p>After successfully completing the Heartsaver First Aid Course, students should be able to:</p> <ul style="list-style-type: none"> List the priorities, roles, and responsibilities of first aid resources Describe the key steps in first aid Remove protection gloves Find the problem Describe the assessment and first aid actions for the following life-threatening conditions: heart attack, difficulty breathing, choking, severe bleeding, shock, and stroke Use an epinephrine pen Control bleeding and bandaging Recognize elements of common injuries and illnesses Describe how to find information on preventing illness and injury Recognize the legal questions that apply to first aid resources 	<p>Heartsaver courses are intended for anyone with little or no medical training who need a course completion card for their job, regulatory (e.g., OSHA), or other requirements. These courses can also be taken by anyone who wants to be prepared for an emergency in any setting.</p> <p>This course is also approved for US Coast Guard training.</p>	<p><i>Heartsaver First Aid Student Workbook</i> (product #15-1021)</p> <p>OR</p> <p>Heartsaver First Aid Student eBook (product #15-3115)</p> <p>Heartsaver First Aid Quick Reference Guide (product #15-1022)</p> <p>OR</p> <p>Heartsaver First Aid Digital Quick Reference Guide (product #15-3118)</p>	<p>Heartsaver First Aid CPR AED DVD Set (product #15-1019)</p> <p><i>Heartsaver First Aid CPR AED Instructor Manual</i> (product #15-1023)</p> <p>OR</p> <p>Heartsaver First Aid CPR AED Instructor Manual eBook (product #15-3114)</p>	<p>Optional written exam available for Instructors to administer to students whose employers require completion of a written exam.</p> <p>Skills practice and testing with AHA Instructor during course.</p>	Heartsaver First Aid (eCard or print available)	Approx. 3 hours (including optional lessons and breaks)	No	No

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Courses for Lay Rescuers (workplace or anyone who needs a course completion card)

Course	Delivery Format	Content	Audience	Student Materials	Instructor Materials	Written Exam / Skills Session	Course Completion Card Type	Estimated Time	CME / CE Credit	Offered in Spanish
HEARTSAVER COURSES										
Heartsaver® Pediatric First Aid CPR AED	Instructor-Led Training	<ul style="list-style-type: none"> List the priorities, roles, and responsibilities of a rescuer providing first aid to a child or infant Describe the 4 key steps in first aid for children and infants: prevent, protect, assess, and act Remove protective gloves (skill student will demonstrate) Find the problem (skill student will demonstrate) Describe the assessment and first aid actions for the following life-threatening conditions: difficulty breathing, choking, severe bleeding, and shock Control bleeding and bandaging (skills student will demonstrate) Use an epinephrine pen (skill student will demonstrate) Recognize elements of common injuries Recognize elements of common illnesses Describe how to find information on preventing illness and injury Recognize the legal questions that apply to pediatric first aid rescuers Describe how high-quality CPR improves survival Explain the concepts of the Chain of Survival Recognize when someone needs CPR Perform high-quality CPR for an adult* Describe how to perform CPR with help from others Give effective breaths by using mouth-to-mouth or a mask for all age groups Demonstrate how to use an AED on an adult* Perform high-quality CPR for a child Demonstrate how to use an AED on a child Perform high-quality CPR for an infant Describe when and how to help a choking adult or child Demonstrate how to help a choking infant 	Heartsaver Pediatric First Aid CPR AED is intended for those 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. This audience includes child care workers, teachers, foster care workers, camp counselors, youth organizations, and coaches for children's sports organizations. This course is also ideal for parents, grandparents, babysitters, and guardians.	<i>Heartsaver Pediatric First Aid CPR AED Student Workbook</i> (15-1038) Includes: Heartsaver Pediatric First Aid CPR AED Quick Reference Guide (15-1040) Adult CPR & AED Reminder Child & Infant CPR & AED Reminder	<i>Heartsaver Pediatric First Aid CPR AED Instructor Manual</i> (15-1039) Heartsaver Pediatric First Aid CPR AED DVD set (15-1041)	Optional written exam available for Instructors to administer to students whose employers require completion of a written exam Skills practice and testing with AHA Instructor during course	Heartsaver Pediatric First Aid CPR AED	7-9 hours	No	No

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HEARTSAVER COURSES										
Heartsaver® First Aid CPR AED Online	Blended Learning (online portion, followed by hands-on session)	<ul style="list-style-type: none"> • First aid basics • Medical emergencies • Injury emergencies • Environmental emergencies • Adult CPR AED (with a mask) • Adult choking • Optional modules: <ul style="list-style-type: none"> ○ Child CPR AED ○ Child Choking ○ Infant CPR ○ Infant choking 	Heartsaver courses are designed for anyone with little or no medical training who needs a course completion card for job, regulatory (e.g., OSHA), or other requirements. These courses can also be taken by anyone who wants to be prepared for an emergency in any setting.	Heartsaver First Aid CPR AED (15-1403)	<i>Heartsaver First Aid CPR AED Instructor Manual</i> (15-1023)	Optional written exam available for Instructors to administer to students whose employers require completion of a written test Online portion followed by hands-on skills* session with an AHA Instructor	Heartsaver First Aid CPR AED (print or eCard)	1.5-2 hours	Yes	No
Heartsaver® Pediatric First Aid CPR AED Online	Blended Learning (online portion, followed by hands-on session)	<ul style="list-style-type: none"> • List the priorities, roles, and responsibilities of a rescuer providing first aid to a child or infant • Describe the 4 key steps in first aid for children and infants: prevent, protect, assess, and act • Remove protective gloves (skill student will demonstrate) • Find the problem (skill student will demonstrate) • Describe the assessment and first aid actions for the following life-threatening conditions: difficulty breathing, choking, severe bleeding, and shock • Control bleeding and bandaging (skills student will demonstrate) • Use an epinephrine pen (skill student will demonstrate) • Recognize elements of common injuries • Recognize elements of common illnesses • Describe how to find information on preventing illness and injury • Recognize the legal questions that apply to pediatric first aid rescuers • Describe how high-quality CPR improves survival • Explain the concepts of the Chain of Survival • Recognize when someone needs CPR • Perform high-quality CPR for an adult* • Describe how to perform CPR with help from others • Give effective breaths by using mouth-to-mouth or a mask for all age groups 	Heartsaver Pediatric First Aid CPR AED Online is intended for those 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. This audience includes child care workers, teachers, foster care workers, camp counselors, youth organizations, and coaches for children's sports organizations. This course is also ideal for parents, grandparents, babysitters, and guardians. This course is also appropriate for educators, teachers, and the general public.	Heartsaver Pediatric First Aid CPR AED (15-1404)	<i>Heartsaver Pediatric First Aid CPR AED Instructor Manual</i> (15-1039)	Optional written exam available for Instructors to administer to students whose employers require completion of a written exam Online portion followed by hands-on skills* session with an AHA Instructor	Heartsaver Pediatric First Aid CPR AED (print or eCard)	2.5 hours	Yes	No

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Course	Delivery Format	Content / Modules	Audience	Student Materials	Instructor/Facilitator Materials	Written Exam / Skills Session	Course Completion Card Type	Estimated Time	CME / CE Credit	Offered in Spanish
HEARTSAVER COURSES										
Heartsaver® First Aid Online	Blended Learning (online portion, followed by hands-on session)	<p>After successfully completing the Heartsaver First Aid Course, students should be able to:</p> <ul style="list-style-type: none"> List the priorities, roles, and responsibilities of first aid resources Describe the key steps in first aid Remove protection gloves Find the problem Describe the assessment and first aid actions for the following life-threatening conditions: heart attack, difficulty breathing, choking, severe bleeding, shock, and stroke Use an epinephrine pen Control bleeding and bandaging Recognize elements of common injuries and illnesses Describe how to find information on preventing illness and injury Recognize the legal questions that apply to first aid resources 	<p>Heartsaver courses are intended for anyone with little or no medical training who need a course completion card for their job, regulatory (e.g., OSHA), or other requirements. These courses can also be taken by anyone who wants to be prepared for an emergency in any setting.</p> <p>This course is also approved for US Coast Guard training.</p>	<p><i>Heartsaver First Aid Student Workbook</i> (product #15-1021)</p> <p>OR</p> <p>Heartsaver First Aid Student eBook (product #15-3115)</p> <p>Heartsaver First Aid Quick Reference Guide (product #15-1022)</p> <p>OR</p> <p>Heartsaver First Aid Digital Quick Reference Guide (product #15-3118)</p>	<p>Heartsaver First Aid CPR AED DVD Set (product #15-1019)</p> <p><i>Heartsaver First Aid CPR AED Instructor Manual</i> (product #15-1023)</p> <p>OR</p> <p>Heartsaver First Aid CPR AED Instructor Manual eBook (product #15-3114)</p>	<p>Optional written exam available for Instructors to administer to students whose employers require completion of a written exam.</p> <p>Skills practice and testing with AHA Instructor during course.</p>	Heartsaver First Aid (eCard or print available)	Approx. 3 hours (including optional lessons and breaks)	No	No
Heartsaver® CPR AED Online	Blended Learning (online portion, followed by hands-on session)	<p>After successfully completing the Heartsaver CPR AED Course, students should be able to:</p> <ul style="list-style-type: none"> Describe how high-quality CPR improves survival and explain the concepts of the Chain of Survival Recognize when someone needs CPR Perform high-quality CPR for an adult, child, and infant* Describe how to perform CPR with help from others Give effective breaths by using mouth-to-mouth or a mask for all age groups Demonstrate how to use an AED on an adult and a child* Describe when and how to help a choking adult, child, or infant* <p><i>*Child and infant modules are optional</i></p>	<p>Heartsaver courses are intended for anyone with little or no medical training who need a course completion card for their job, regulatory (e.g., OSHA), or other requirements. These courses can also be taken by anyone who wants to be prepared for an emergency in any setting.</p>	<p><i>Heartsaver CPR AED Student Workbook</i> (product #15-1020)</p> <p>OR</p> <p>Heartsaver CPR AED Student eBook (product #15-3116)</p>	<p><i>Heartsaver First Aid CPR AED Instructor Manual</i> (product #15-1023)</p> <p>OR</p> <p>Heartsaver First Aid CPR AED Instructor Manual eBook (product #15-3114)</p> <p>Heartsaver First Aid CPR AED DVD Set (product #15-1019)</p>	<p>Optional written exam available for Instructors to administer to students whose employers require completion of a written exam</p> <p>Skills practice and testing with AHA Instructor during course</p>	Heartsaver CPR AED (eCard or print available)	Approx. 4.5 hours (including optional lessons and breaks)	No	No

*Hands-on session can be purchased separately through AHA Training Centers.

2015 AHA Guidelines Course Matrix

Courses for Lay Rescuers (workplace or anyone who needs a course completion card)

Course	Delivery Format	Content / Modules	Audience	Student Materials	Instructor/Facilitator Materials	Written Exam / Skills Session	Course Completion Card Type	Estimated Time	CME / CE Credit	Offered in Spanish
HEARTSAVER COURSES										
Heartsaver® Bloodborne Pathogens Online	eLearning	Students learn to: <ul style="list-style-type: none"> Protect themselves from exposure to bloodborne pathogens Act when exposed to blood or blood-containing materials in the workplace Clean themselves and the area when exposed to blood or blood-containing materials in the workplace Tell or report any exposure to blood or blood-containing materials in the workplace 	Heartsaver Bloodborne Pathogens is designed for anyone with a reasonable chance of coming into contact with bloodborne pathogens such as correctional officers, childcare workers, security guards, maintenance workers, school personnel, hotel housekeepers, health and fitness club staff, tattoo artists	Heartsaver Bloodborne Pathogens Online (15-1405)	None	None	Students will receive a Certificate of Participation	1 hour	Yes	Yes

Courses for General Community (family, friends and those who do not need a course completion card)

Course	Delivery Format	Content / Modules	Audience	Student Materials	Instructor/Facilitator Materials	Written Exam / Skills Session	Course Completion Card Type	Estimated Time	CME / CE Credit	Offered in Spanish
COMMUNITY COURSES										
Family & Friends® CPR	Classroom-based	<ul style="list-style-type: none"> Adult Hands-Only CPR and AED Adult CPR With Breaths (Optional) Mild and Severe Airway Block: How to Help a Choking Adult (Optional) Child CPR and AED (Optional) Mild and Severe Airway Block: How to Help a Choking Child (Optional) Infant CPR (Optional) Mild and Severe Airway Block: How to Help a Choking Infant (Optional) 	The Family & Friends CPR Course is intended for anyone who wants to learn CPR and prefer to learn in an Instructor-led or facilitated group environment. This course is for people who do not need a course completion card for a job or other requirements. This course is ideal for community groups, parents, grandparents, caregivers, schools and students, and others interested in learning how to save a life.	<i>Family & Friends CPR Student Manual</i> (15-1016)	Family & Friends CPR DVD with Facilitator Guide (15-1017)	None	None Tear-out participation card included in student manual	Adult Hands-Only CPR/AED/Choking: 25 minutes Child CPR/AED/Choking: 35 minutes Infant CPR/Choking: 30 minutes	No	Yes