

Initial Class Outline and Time Frame

CPR, AED, and Basic First Aid

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Lesson	Lesson Title	Knowledge Objectives	Skill Objectives	Approximate Length (min)
Introduction	<i>Describe the purpose of the program, health and safety precautions, and conduct a warm up exercise.</i>			5

PREPARING TO HELP

1 (BFA)	First Aid Provider	Describe what first aid is and the role of the first aid provider. Describe how to recognize an emergency. Explain why it's important to protect yourself and the priority of personal safety. Describe reasons to decide to help.		7
2 (BFA)	Protecting Yourself	Explain the importance of standard precautions and using protective barriers.	Correctly demonstrate the removal of contaminated gloves.	9
3 (BFA)	Legal Considerations	Describe the purpose and basic definition of Good Samaritan laws.		5
4 (BFA)	Calling for Help	Identify how to activate emergency medical services (EMS) or an occupational emergency action plan (EAP).		6
5 (BFA)	Emergency Moves	Recognize how to and when to perform an emergency move.		4

CPR AND AED

6 (CPR)	Cardiac Arrest	Explain the main components and function of the respiratory and circulatory system. Describe how to suspect and provide first aid treatment for sudden cardiac arrest. Name and explain the links in the chain of survival. Describe how to suspect and provide first aid treatment for secondary cardiac arrest. Describe how to recognize and provide first aid treatment for opioid overdose.		Adult-only 11 All Ages 14
BREAK				5
7 (CPR)	<i>Supplemental Topic</i> CPR Feedback Devices	Explain what a CPR feedback device is and how to use the LOOP Learning System		4
8 (CPR)	Chest Compressions	Describe how to perform high-quality chest compressions.	Correctly demonstrate high-quality chest compressions (for each age group covered).	Adult-only 12 All Ages 30
9 (CPR)	Rescue Breaths	Describe how to perform high-quality rescue breaths using a CPR mask or shield.	Correctly demonstrate high-quality rescue breaths using a CPR mask or shield (for each age group covered).	Adult-only 14 All Ages 32

Lesson	Lesson Title	Knowledge Objectives	Skill Objectives	Approximate Length (min)
CPR AND AED (CONTINUED)				
10 (CPR)	Automated External Defibrillation	Explain the steps to use an AED.	(Optional: Correctly demonstrate how to use an AED, for each age group covered.)	Adult-only 6 All Ages 8
11 (CPR)	Primary Assessment – Unresponsive Person	Describe the steps of a primary assessment for an unresponsive person. Describe how to place an unresponsive, breathing person into a side-lying recovery position.		Adult-only 5 All Ages 9
12 (CPR)	Caring for Cardiac Arrest	Describe the steps for performing high-quality CPR and using an AED as a single provider.	Correctly demonstrate how to conduct a primary assessment, perform high-quality CPR, and use an AED as a single provider (for each age group covered).	Adult-only 26 All Ages 50
13 (CPR)	Multiple Provider Approach to CPR	Describe the techniques for performing CPR and using an AED with multiple providers	(Optional: Correctly demonstrate how to perform CPR and use an AED with multiple providers	3
14 (CPR)	<i>Supplemental Topic</i> High-Performance CPR	Describe how to perform high-quality CPR and early defibrillation with an AED in a team.	Correctly demonstrate high-quality CPR and early defibrillation as a part of a team.	30–60
15 (CPR)	<i>Supplemental Topic</i> Administration of Naloxone with Prefilled Syringe	Explain how to administer naloxone intranasally using a prefilled syringe and mucosal atomizer device.	Correctly demonstrate the administration of naloxone using a prefilled syringe and mucosal atomizer device.	10
16 (CPR)	<i>Supplemental Topic</i> Administration of Naloxone with Narcan Nasal Spray	Explain how to administer naloxone intranasally using Narcan Nasal Spray.	Correctly demonstrate the administration of naloxone using Narcan Nasal Spray.	10
17 (CPR)	<i>Supplemental Topic</i> Administration of Naloxone with Evzio Auto-Injector	Explain how to administer naloxone intramuscularly using the Evzio auto-injector.	Correctly demonstrate the administration of naloxone using the Evzio auto-injector.	10
18 (CPR)	Choking	Describe how to recognize and provide first aid treatment for choking.	Correctly demonstrate first aid treatment for a choking infant (if age group is covered).	Adult-only 6 All Ages 17
BREAK				5
ASSESSMENT				
19 (BFA)	Primary Assessment— Responsive Person	Describe the steps of a primary assessment for a responsive person.	Correctly perform the steps of a primary assessment for a responsive person.	7
20 (BFA)	<i>Supplemental Topic</i> Secondary Assessment	Describe the steps of performing a secondary assessment.	Correctly demonstrate how to perform a secondary assessment.	10–20

Lesson	Lesson Title	Knowledge Objectives	Skill Objectives	Approximate Length (min)
SUDDEN INJURY				
21 (BFA)	Control of Bleeding	Describe how to recognize and provide first aid treatment for severe external bleeding using direct pressure, a pressure bandage, or a commercial tourniquet.	Correctly demonstrate how to control severe external bleeding using direct pressure and a pressure bandage.	15
22 (BFA)	<i>Supplemental Topic</i> Using a Tourniquet	Explain how to use a commercial tourniquet.	Correctly demonstrate how to use a commercial tourniquet.	10
		Explain how to use an improvised tourniquet.	Correctly demonstrate how to use an improvised tourniquet.	7
23 (BFA)	<i>Supplemental Topic</i> Using a Hemostatic Dressing	Explain how to use a hemostatic dressing.	Correctly demonstrate how to use a hemostatic dressing.	6
24 (BFA)	Shock	Describe how to suspect and provide first aid treatment for shock. Describe how to suspect internal bleeding.		5
25 (BFA)	<i>Supplemental Topic</i> Amputation	Explain how to recognize and provide first aid treatment for an amputation.		4
26 (BFA)	<i>Supplemental Topic</i> Impaled Objects	Describe how to provide first aid treatment for an impaled object. Describe how to recognize and provide first aid treatment for an impaled object in the eye.		6
27 (BFA)	<i>Supplemental Topic</i> Open Chest Injury	Describe how to recognize and provide first aid treatment for an open chest injury.		4
28 (BFA)	<i>Supplemental Topic</i> Open Abdominal Injury	Explain how to recognize and provide first aid treatment for an open abdominal injury.		3
29 (BFA)	Head, Neck, or Back Injury	Explain how to suspect and provide first aid treatment for a spinal injury. Describe how to suspect and provide first aid treatment for brain injury. Describe how to suspect and provide first aid treatment for a concussion.	(Optional: Correctly demonstrate how to perform manual spinal motion restriction for a suspected head, neck, or back injury.)	9
30 (BFA)	Swollen, Painful, or Deformed Limb	Explain how to recognize and provide first aid treatment for a swollen, painful, deformed limb.	(Optional: Correctly demonstrate how to manually stabilize a swollen, painful, deformed limb.)	6
31 (BFA)	<i>Supplemental Topic</i> Splinting	Describe how to splint a swollen, painful, deformed limb.	Correctly demonstrate how to splint a swollen, painful, deformed limb.	15–40
32 (BFA)	<i>Supplemental Topic</i> Using a Malleable Splint	Describe how to splint a swollen, painful, deformed limb using a padded malleable splint.	Correctly demonstrate how to use a malleable splint.	15–40
33 (BFA)	Burns	Describe how to recognize and provide first aid treatment for burns.		9
34 (BFA)	<i>Supplemental Topic</i> Using a Gel-Soaked Burn Dressing	Explain how to use a gel-soaked burn dressing.	Correctly demonstrate how to use a gel-soaked burn dressing.	8
35 (BFA)	Minor Injuries	Describe how to recognize and provide first aid treatment for a nosebleed. Describe how to recognize and provide first aid treatment for an avulsed tooth.		4
BREAK				5

Lesson	Lesson Title	Knowledge Objectives	Skill Objectives	Approximate Length (min)
SUDDEN ILLNESS				
36 (BFA)	Altered Mental Status	<p>Explain how to recognize and provide first aid treatment for altered mental status.</p> <p>Describe how to recognize and provide first aid treatment for fainting.</p> <p>Explain how to recognize and provide first aid treatment for a stroke.</p> <p>Describe how to recognize and provide first aid treatment for hypoglycemia.</p> <p>Describe how to recognize and provide first aid treatment for a seizure.</p>		14
37 (BFA)	Breathing Difficulty, Shortness of Breath	<p>Describe how to recognize and provide first aid treatment for breathing difficulty or shortness of breath.</p> <p>Describe how to recognize and provide first aid treatment for asthma.</p> <p>Explain how to recognize and provide first aid treatment for a severe allergic reaction</p>		8
38 (BFA)	<i>Supplemental Topic</i> Using an EpiPen Auto-Injector	Explain how to use an EpiPen epinephrine auto-injector.	Correctly demonstrate how to use an EpiPen epinephrine auto-injector.	8
39 (BFA)	<i>Supplemental Topic</i> Using an Epinephrine Auto-Injector	Explain how to use an epinephrine auto-injector.	Correctly demonstrate how to use an epinephrine auto-injector.	8
40 (BFA)	Pain, Severe Pressure, or Discomfort in the Chest	Describe how to recognize and provide first aid treatment for chest pain, pressure, or discomfort.		5
41 (BFA)	Poisoning	Describe how to recognize and provide first aid treatment for poisoning or an overdose.		6
42 (BFA)	<i>Supplemental Topic</i> Severe Abdominal Pain	Describe how to recognize and provide first aid treatment for severe abdominal pain.		4
ENVIRONMENTAL EMERGENCIES				
43 (BFA)	Heat Emergencies	Describe how to recognize and provide first aid treatment for heat-related emergencies.		7
44 (BFA)	Cold Emergencies	Describe how to recognize and provide first aid treatment for cold-related emergencies.		7
BITES AND STINGS				
45 (BFA)	<i>Supplemental Topic</i> Stinging Insects	Describe how to recognize and provide first aid treatment for insect stings.		3
46 (BFA)	<i>Supplemental Topic</i> Snakebites	Describe how to recognize and provide first aid treatment for a snakebite.		4
47 (BFA)	<i>Supplemental Topic</i> Spider Bites	Explain how to recognize and provide first aid treatment for a spider bite.		3
48 (BFA)	<i>Supplemental Topic</i> Tick Bites	Describe how to recognize and provide first aid treatment for tick bites.		3
49 (BFA)	<i>Supplemental Topic</i> Marine Animal Stings	Describe how to recognize and provide first aid treatment for marine animal stings.		3
50 (BFA)	<i>Supplemental Topic</i> Animal and Human Bites	Describe how to provide first aid treatment for animal and human bites.		3
ADDITIONAL CONSIDERATIONS				
51 (BFA)	<i>Supplemental Topic</i> Emotional Considerations	Identify emotional issues that may affect a first aid provider and strategies to manage them.		3

Lesson	Lesson Title	Knowledge Objectives	Skill Objectives	Approximate Length (min)
EVALUATION				
Skill and Performance Evaluation		<i>Skill evaluation, required. Performance evaluation, optional, unless required.^a</i>		0–75
Written Exam		<i>Optional, unless required.^b</i>		45–75
CONCLUSION				
Documentation and Certification		<i>Verify class documentation and issue certification cards to students who earned them.</i>		5+
			Total Breaks^c	15
			Total Time^d	Adult-only 240 All Ages 330

- ^a At a minimum, skill competency is visually evaluated by instructors during the required student practices for the class. A performance evaluation can be used to provide a more formal approach to skill evaluation. When a performance evaluation is not required by a regulatory agency, it is optional.
- ^b When a Written Exam is not required by a regulatory agency, it is optional. The optional exam may be used before, during or after class as an active learning tool; however, the participant's score on an optional exam may not be used to withhold a properly earned certification card. See Written Exam on page 10.
- ^c Adult education guidelines recommend a break for at least 5 minutes each hour. Class timing can vary widely depending on the age groups covered. The breaks included in this class schedule as a pacing guide for an adult-only class. Class size, class location, instructor-to-student ratios, and other factors will affect the actual schedule. Breaks periods should be provided, but may be rearranged or combined as required or desired.
- ^d Projected times for lessons take into account video run times, brief introductions and answers to questions, demonstrations, and student practices with up to 3 students. Stated class times are indicated as Adult-only or for All Ages. If only one time is indicated, there is no difference based on age group covered. Stated class time is based on covering core lessons only, the minimum content required for certification. Lesson times are influenced by class preparation, available equipment, and instructor efficiency. These could increase the time needed to meet the core learning objectives.