



Training Course Outline

Subject: Session 1-Standard First Aid; Session 2-CPR & AED

Duration of Training Session: 3-4 hours per session

Instructor: Chip Darius

Scope: This National Safety Council course covers all the basics of First Aid and Adult CPR, along with use of AED devices, and meets OSHA requirements. CPR is taught according to the current American Heart Association guidelines.

Course Curriculum

- I. First Aid, Good Samaritan laws, EMS System, Standards of Care
- II. Recognizing and Responding to Emergencies, Avoiding Infectious Diseases
- III. Basic Life Support: Rescue Breathing, Choking, CPR, AED
- IV. Bleeding & Wound Care, Shock, Burns
- V. Head, Spinal, Chest, & Abdominal Injuries
- VI. Bone, Joint & Muscle Injuries
- VII. Sudden Illness: Cardiac, Stroke, Respiratory, Seizures, Diabetes
- VIII. Poisonings, Bites & Stings
- IX. Heat, Cold, & Environmental Emergencies
- X. Rescuing & Moving Victims
- XI. Hands-on exercises

Test: A multiple-choice test is administered at the conclusion of the program.

Course Materials: All participants are issued an instructional training manual.

Course Completion Certificate: Program participants who successfully complete the course are issued National Safety Council certificates of completion. CPR/AED is valid for 2 years, and First Aid is valid for 3 years.