



### What is it?

According to the US Occupational Safety and Health Administration (OSHA), approximately 3.3 million injuries and illnesses occur annually in the workplace. Also, approximately 80 percent of sudden cardiac arrests occur outside of a hospital. That's why it's important to include first aid, CPR and AED training as part of your safety program.

Heartsaver First Aid CPR AED Online Part 1 is an online, self-directed program. The program teaches students critical skills and knowledge needed to respond to and manage a first aid or sudden cardiac arrest emergency in the first few minutes until emergency medical services (EMS) takes over.

Completion of the full course includes Part 1 online, plus a skills practice and testing session (Parts 2 and 3) with an AHA Instructor.

This program can be completed at work, at home or wherever Internet access is available. It can be used for initial or renewal training. Students also have access to all information in the online program for 24 months after activation of their course key.

### Course Covers:

- Science from the 2010 AHA Guidelines for CPR and Emergency Cardiovascular Care, including the 2010 Guidelines for First Aid
- First aid basics
- Medical emergencies (includes adult choking)
- Injury emergencies
- Environmental emergencies
- Adult CPR and AED use
- Optional modules in child CPR, AED use and choking
- Optional modules in infant CPR and choking

### Primary Audience

This program is for anyone with limited or no medical training who needs a course completion card in first aid, CPR and AED use to meet a job, regulatory or other requirement and is seeking an alternative to classroom-based training.

*Unfortunately, emergencies happen in the workplace. When a life is at stake, don't settle for less. Rely on quality training from the trusted leader in CPR and first aid: the American Heart Association.*

Continuing education is available for completing this course. Visit [www.heart.org/cpr](http://www.heart.org/cpr) for more information.



WORKPLACE TRAINING			
● First Aid	● CPR	● AED	● Bloodborne Pathogens

[www.heart.org/cpr](http://www.heart.org/cpr)

For more information visit [OnlineAHA.org](http://OnlineAHA.org) or :

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PHONE: 888-562-4242 | [laerdal.com](http://laerdal.com)

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