

## Sample Heartsaver® CPR AED Course Agenda With Optional Lessons Included

**12 Students, 2 Heartsaver Instructors**  
**Student-instructor ratio 6:1; student-manikin ratio 3:1**  
**Total time: Approximately 4½ hours**

8:00-8:05	<b>Lesson 1: Course Introduction</b>
8:05-8:13	<b>Lesson 1A: Life Is Why Activity (Optional)</b>
8:13-9:08	<b>Lesson 2: Adult CPR</b> Part I: Scene Safety and Assessment Part II: Chest Compressions Part III: Giving Breaths (Mouth-to-Mouth) Part IV: Giving Breaths (With a Mask)
9:08-9:23	<b>Lesson 3: Use an AED (Adult)</b> Part I: AED Part II: Putting It All Together
9:23-9:25	<b>Lesson 4: Help From Others</b>
9:25-9:27	<b>Lesson 5: Adult CPR AED Summary</b>
9:27-9:47	<b>Lesson 6: Adult CPR and AED Skills Test</b>
9:47-9:52	<b>Lesson 7: Naloxone</b>
9:52-9:56	<b>Lesson 8: Adult Choking</b>
9:56-10:11	<b>Break</b>
10:11-10:16	<b>Lesson 1: Child CPR AED Introduction</b>
10:16-10:51	<b>Lesson 2: Child CPR</b> Part I: Scene Safety and Assessment Part II: Chest Compressions Part III: Giving Breaths (Mouth-to-Mouth) Part IV: Giving Breaths (With a Mask)
10:51-11:09	<b>Lesson 3: Use an AED (Child)</b> Part I: AED Part II: Putting It All Together
11:09-11:11	<b>Lesson 4: Help From Others</b>
11:11-11:13	<b>Lesson 5: Child CPR AED Summary</b>
11:13-11:25	<b>Lesson 6: Child CPR Skills Test</b>
11:25-11:29	<b>Lesson 7: Child Choking</b>
11:29-11:31	<b>Lesson 1: Infant CPR Introduction</b>
11:31-12:03	<b>Lesson 2: Infant CPR</b> Part I: Scene Safety and Assessment Part II: Chest Compressions Part III: Giving Breaths (Mouth-to-Mouth) Part IV: Giving Breaths (With a Mask) Part V: Putting It All Together
12:03-12:05	<b>Lesson 3: Infant CPR Summary</b>
12:05-12:17	<b>Lesson 4: Infant CPR Skills Test</b>

12:17-12:22	<b>Lesson 5: Infant Choking</b>
12:22-12:24	<b>Lesson 6: Course Conclusion</b>