

**Sample Heartsaver® First Aid Course Agenda
With Optional Lessons Included**

**12 Students, 2 Heartsaver Instructors
Student-instructor ratio 6:1; student-manikin ratio 3:1
Total time: Approximately 2¾ hours**

8:00-8:02	Lesson 1: Course Introduction
8:02-8:10	Lesson 1A: Life Is Why Activity (Optional)
8:10-8:55	Lesson 2: First Aid Basics: Duties and Key Steps Part I: Duties, Roles, and Responsibilities of First Aid Rescuers Part II: Universal Precautions and Exposure to Blood Part III: Removing Protective Gloves (Test) Part IV: Finding the Problem (Test)
8:55-8:58	Lesson 3: First Aid Basics Summary
8:58-9:23	Lesson 4: Medical Emergencies Part I: Breathing Problems Part II: Choking (if teaching First Aid only) Part III: Allergic Reactions Part IV: Using an Epinephrine Pen (Test) Part V: Heart Attack, Fainting, Diabetes and Low Blood Sugar, Stroke, and Seizure
9:23-9:26	Lesson 5: Medical Emergencies Summary
9:26-9:41	Break
9:41-10:11	Lesson 6: Injury Emergencies Part I: External Bleeding Part II: Controlling Bleeding and Bandaging (Test) Part III: Wounds Part IV: Internal Bleeding Part V: Head, Neck, and Spine Injuries Part VI: Broken Bones and Sprains Part VII: Burns and Electrical Injuries
10:11-10:13	Lesson 7: Injury Emergencies Summary
10:13-10:38	Lesson 8: Environmental Emergencies Part I: Bites and Stings Part II: Heat-Related Emergencies Part III: Cold-Related Emergencies Part IV: Poison Emergencies
10:38-10:40	Lesson 9: Environmental Emergencies Summary
10:40-10:42	Lesson 10: Preventing Illness and Injury; Legal Questions
10:42-10:44	Lesson 11: Course Conclusion