

AHA FIRST AID, CPR & AED CORE CONTENT

- List the priorities, roles, and responsibilities of first aid rescuers
 - Describe the key steps in first aid
 - Remove protective gloves
 - Find the problem
 - Describe the assessment and first aid actions for the following life-threatening conditions: heart attack, difficulty breathing, choking, severe bleeding, shock, and stroke
 - Describe when and how to help a choking adult or child
 - Demonstrate how to help a choking infant
 - Use an epinephrine pen
 - Control bleeding and bandaging
 - Recognize elements of common injuries
 - Recognize elements of common illnesses
 - Describe how to find information on preventing illness and injury
 - Recognize the legal questions that apply to first aid rescuers
 - Describe how high-quality CPR improves survival
-
- Explain the concepts of the Chain of Survival
 - Recognize when someone needs CPR
 - Perform high-quality CPR for an adult
 - Describe how to perform CPR with help from others
 - Give effective breaths using mouth-to-mouth or a mask for all age groups
 - Demonstrate how to use an AED on an adult
 - Perform high-quality CPR for a child
 - Demonstrate how to use an AED on a child
 - Perform high-quality CPR for an infant
 - Describe when and how to help a choking adult or child
 - Demonstrate how to help a choking infant