

Saudi Heart Association
Heart Saver First Aid/CPR AED Course Agenda
Total time: Approximately 6 hours without breaks

Methodology	Lesson	Time
Interactive Discussion	Lesson 1: Registration & Course Introduction	5 min.
Lecture, interactive discussion and hands on skills practice	Lesson 2: First Aid Basics: First aid (definition, goals) Roles, and Responsibilities of First Aid Provider General Approach Multiple Causalities Universal Precautions (Hand Hygiene, PPE) De-escalation Techniques Medication Administration Oxygen delivery First Aid Kit Supplies/Equipment Assessing the Scene/Victim	30 min.
Lecture, interactive discussion and hands on skills practice	Lesson 3: Medical Emergencies Breathing Difficulties Asthma Attack Croup Allergic Reactions/Anaphylaxis Use of Epinephrine Pen (Practice/Test) Feeling Faint Chest Pain, Heart Attack, Diabetic emergencies Stroke Seizure Shock	60 min.
Lecture, interactive discussion and hands on skills practice	Lesson 4: Environmental Emergencies Heat Related Emergencies Frost Bite Dehydration Altitude sickness Bites and Stings Motion sickness	45 min.
Lecture, interactive discussion and hands on skills practice	Lesson 5: Trauma Emergencies External /Internal Bleeding Cuts and Grazes Dental avulsion Blister Burns Fractures, sprains and strains Spinal Injury Head injury	60 min.

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Lecture, interactive discussion and hands on skills practice	Lesson 6: Adult CPR	90 min.
Lecture, interactive discussion and hands on skills practice	Lesson 7: Use an AED	15 min
Lecture, interactive discussion and hands on skills practice	Lesson 8: Child CPR	15 min
Lecture, interactive discussion and hands on skills practice	Lesson 9: Infant CPR	30 min.
Lecture, interactive discussion and hands on skills practice	Lesson 10: Foreign Body Airway Obstruction	15 min.