

First Aid/CPR/AED Course Outlines

Note: Approximate times include the estimated time for covering all required activities and do not include optional activities or breaks. Approximate times are based on: a participant-to-instructor ratio of 12:1; the appropriate per-participant equipment recommendations; and dividing participants into teams of three for skill practices and assessment scenarios.

Changing one or more of these ratios (e.g., dividing participants into groups of two for skill practices and assessment scenarios) may impact overall course time. However, courses should be scheduled and run for at least the designated minimum times. See *First Aid/CPR/AED Course Times Summary* for minimum times.

Instructor-Led Training Adult and Pediatric Courses

Adult and Pediatric First Aid/CPR/AED	Approximate Time: 4 hours 15 minutes
Use Lesson Plan B: Adult and Pediatric First Aid/CPR/AED Instructor-Led Training	
Module 1: Course Introduction and Foundations	35 minutes
Module 2: Adult CPR and AED	70 minutes
Module 3: Pediatric CPR and AED	45 minutes
Module 4: Choking	38 minutes
Module 5: Sudden Illness	25 minutes
Module 6: Life-Threatening Bleeding	30 minutes
Module 7: Injuries and Environmental Emergencies	10 minutes
Module 8: Conclusion	2 minutes

Adult and Pediatric First Aid/CPR	Approximate Time: 3 hours 45 minutes
Use Lesson Plan B: Adult and Pediatric First Aid/CPR/AED Instructor-Led Training	
Module 1: Course Introduction and Foundations	35 minutes
Module 2: Adult CPR and AED (<i>no AED will be covered; see details in the lesson</i>)	49 minutes
Module 3: Pediatric CPR and AED (<i>no AED will be covered; see details in the lesson</i>)	36 minutes
Module 4: Choking	38 minutes
Module 5: Sudden Illness	25 minutes
Module 6: Life-Threatening Bleeding	30 minutes
Module 7: Injuries and Environmental Emergencies	10 minutes
Module 8: Conclusion	2 minutes

Adult and Pediatric CPR/AED	Approximate Time: 3 hours 10 minutes
Use Lesson Plan B: Adult and Pediatric First Aid/CPR/AED Instructor-Led Training	
Module 1: Course Introduction and Foundations	35 minutes
Module 2: Adult CPR and AED	70 minutes
Module 3: Pediatric CPR and AED	45 minutes
Module 4: Choking	38 minutes
Module 8: Conclusion	2 minutes

Adult and Pediatric CPR	Approximate Time: 2 hours 40 minutes
Use Lesson Plan B: Adult and Pediatric First Aid/CPR/AED Instructor-Led Training	
Module 1: Course Introduction and Foundations	35 minutes
Module 2: Adult CPR and AED <i>(no AED will be covered; see details in the lesson)</i>	49 minutes
Module 3: Pediatric CPR and AED <i>(no AED will be covered; see details in the lesson)</i>	36 minutes
Module 4: Choking	38 minutes
Module 8: Conclusion	2 minutes

Adult CPR/AED, Pediatric CPR and First Aid	Approximate Time: 4 hours 6 minutes
Use Lesson Plan B: Adult and Pediatric First Aid/CPR/AED Instructor-Led Training	
Module 1: Course Introduction and Foundations	35 minutes
Module 2: Adult CPR and AED	70 minutes
Module 3: Pediatric CPR and AED <i>(no AED will be covered; see details in the lesson)</i>	36 minutes
Module 4: Choking	38 minutes
Module 5: Sudden Illness	25 minutes
Module 6: Life-Threatening Bleeding	30 minutes
Module 7: Injuries and Environmental Emergencies	10 minutes
Module 8: Conclusion	2 minutes

Adult CPR/AED and Pediatric CPR	Approximate Time: 3 hours 1 minute
Use Lesson Plan B: Adult and Pediatric First Aid/CPR/AED Instructor-Led Training	
Module 1: Course Introduction and Foundations	35 minutes
Module 2: Adult CPR and AED	70 minutes
Module 3: Pediatric CPR and AED <i>(no AED will be covered; see details in the lesson)</i>	36 minutes
Module 4: Choking	38 minutes
Module 8: Conclusion	2 minutes

Instructor-Led Training Adult and Child Courses

Adult and Child First Aid/CPR/AED	Approximate Time: 3 hours 24 minutes
Use Lesson Plan B: Adult and Pediatric First Aid/CPR/AED Instructor-Led Training	
Module 1: Course Introduction and Foundations	35 minutes
Module 2: Adult CPR and AED	70 minutes
Module 3: Pediatric CPR and AED	10 minutes
Module 4: Choking	22 minutes
Module 5: Sudden Illness	25 minutes
Module 6: Life-Threatening Bleeding	30 minutes
Module 7: Injuries and Environmental Emergencies	10 minutes
Module 8: Conclusion	2 minutes

Adult and Child First Aid/CPR	Approximate Time: 3 hours 3 minutes
Use Lesson Plan B: Adult and Pediatric First Aid/CPR/AED Instructor-Led Training	
Module 1: Course Introduction and Foundations	35 minutes
Module 2: Adult CPR and AED <i>(no AED will be covered; see details in the lesson)</i>	49 minutes
Module 3: Pediatric CPR and AED <i>(no AED will be covered; see details in the lesson)</i>	10 minutes
Module 4: Choking	22 minutes
Module 5: Sudden Illness	25 minutes
Module 6: Life-Threatening Bleeding	30 minutes
Module 7: Injuries and Environmental Emergencies	10 minutes
Module 8: Conclusion	2 minutes

Adult and Child CPR/AED	Approximate Time: 2 hours 19 minutes
Use Lesson Plan B: Adult and Pediatric First Aid/CPR/AED Instructor-Led Training	
Module 1: Course Introduction and Foundations	35 minutes
Module 2: Adult CPR and AED	70 minutes
Module 3: Pediatric CPR and AED	10 minutes
Module 4: Choking	22 minutes
Module 8: Conclusion	2 minutes

Adult and Child CPR	Approximate Time: 1 hour 58 minutes
Use Lesson Plan B: Adult and Pediatric First Aid/CPR/AED Instructor-Led Training	
Module 1: Course Introduction and Foundations	35 minutes
Module 2: Adult CPR and AED (<i>no AED will be covered; see details in the lesson</i>)	49 minutes
Module 3: Pediatric CPR and AED (<i>no AED will be covered; see details in the lesson</i>)	10 minutes
Module 4: Choking	22 minutes
Module 8: Conclusion	2 minutes

Adult CPR/AED, Child CPR and First Aid	Approximate Time: 3 hours 24 minutes
Use Lesson Plan B: Adult and Pediatric First Aid/CPR/AED Instructor-Led Training	
Module 1: Course Introduction and Foundations	35 minutes
Module 2: Adult CPR and AED	70 minutes
Module 3: Pediatric CPR and AED (<i>no AED will be covered; see details in the lesson</i>)	10 minutes
Module 4: Choking	22 minutes
Module 5: Sudden Illness	25 minutes
Module 6: Life-Threatening Bleeding	30 minutes
Module 7: Injuries and Environmental Emergencies	10 minutes
Module 8: Conclusion	2 minutes

Adult CPR/AED and Child CPR	Approximate Time: 2 hours 19 minutes
Use Lesson Plan B: Adult and Pediatric First Aid/CPR/AED Instructor-Led Training	
Module 1: Course Introduction and Foundations	35 minutes
Module 2: Adult CPR and AED	70 minutes
Module 3: Pediatric CPR and AED (<i>no AED will be covered; see details in the lesson</i>)	10 minutes
Module 4: Choking	22 minutes
Module 8: Conclusion	2 minutes

Instructor-Led Training Adult and Infant Courses

Adult and Infant First Aid/CPR/AED	Approximate Time: 4 hours 10 minutes
Use Lesson Plan B: Adult and Pediatric First Aid/CPR/AED Instructor-Led Training	
Module 1: Course Introduction and Foundations	35 minutes
Module 2: Adult CPR and AED	70 minutes
Module 3: Pediatric CPR and AED	40 minutes
Module 4: Choking	38 minutes
Module 5: Sudden Illness	25 minutes
Module 6: Life-Threatening Bleeding	30 minutes
Module 7: Injuries and Environmental Emergencies	10 minutes
Module 8: Conclusion	2 minutes

Adult and Infant First Aid/CPR	Approximate Time: 3 hours 40 minutes
Use Lesson Plan B: Adult and Pediatric First Aid/CPR/AED Instructor-Led Training	
Module 1: Course Introduction and Foundations	35 minutes
Module 2: Adult CPR and AED <i>(no AED will be covered; see details in the lesson)</i>	49 minutes
Module 3: Pediatric CPR and AED <i>(no AED will be covered; see details in the lesson)</i>	31 minutes
Module 4: Choking	38 minutes
Module 5: Sudden Illness	25 minutes
Module 6: Life-Threatening Bleeding	30 minutes
Module 7: Injuries and Environmental Emergencies	10 minutes
Module 8: Conclusion	2 minutes

Adult and Infant CPR/AED	Approximate Time: 3 hours 5 minutes
Use Lesson Plan B: Adult and Pediatric First Aid/CPR/AED Instructor-Led Training	
Module 1: Course Introduction and Foundations	35 minutes
Module 2: Adult CPR and AED	70 minutes
Module 3: Pediatric CPR and AED	40 minutes
Module 4: Choking	38 minutes
Module 8: Conclusion	2 minutes

Adult and Infant CPR	Approximate Time: 2 hours 35 minutes
Use Lesson Plan B: Adult and Pediatric First Aid/CPR/AED Instructor-Led Training	
Module 1: Course Introduction and Foundations	35 minutes
Module 2: Adult CPR and AED (<i>no AED will be covered; see details in the lesson</i>)	49 minutes
Module 3: Pediatric CPR and AED (<i>no AED will be covered; see details in the lesson</i>)	31 minutes
Module 4: Choking	38 minutes
Module 8: Conclusion	2 minutes

Adult CPR/AED, Infant CPR and First Aid	Approximate Time: 4 hours 1 minute
Use Lesson Plan B: Adult and Pediatric First Aid/CPR/AED Instructor-Led Training	
Module 1: Course Introduction and Foundations	35 minutes
Module 2: Adult CPR and AED	70 minutes
Module 3: Pediatric CPR and AED (<i>no AED will be covered; see details in the lesson</i>)	31 minutes
Module 4: Choking	38 minutes
Module 5: Sudden Illness	25 minutes
Module 6: Life-Threatening Bleeding	30 minutes
Module 7: Injuries and Environmental Emergencies	10 minutes
Module 8: Conclusion	2 minutes

Adult CPR/AED and Infant CPR	Approximate Time: 2 hours 56 minutes
Use Lesson Plan B: Adult and Pediatric First Aid/CPR/AED Instructor-Led Training	
Module 1: Course Introduction and Foundations	35 minutes
Module 2: Adult CPR and AED	70 minutes
Module 3: Pediatric CPR and AED (<i>no AED will be covered; see details in the lesson</i>)	31 minutes
Module 4: Choking	38 minutes
Module 8: Conclusion	2 minutes

Instructor-Led Training Adult-Only Courses

Adult First Aid/CPR/AED	Approximate Time: 3 hours 5 minutes
Use Lesson Plan A: Adult First Aid/CPR/AED Instructor-Led Training	
Module 1: Course Introduction and Foundations	35 minutes
Module 2: Adult CPR and AED	70 minutes
Module 3: Choking	20 minutes
Module 4: Sudden Illness	20 minutes
Module 5: Life-Threatening Bleeding	28 minutes
Module 6: Injuries and Environmental Emergencies	10 minutes
Module 7: Conclusion	2 minutes

Adult First Aid/CPR	Approximate Time: 2 hours 44 minutes
Use Lesson Plan A: Adult First Aid/CPR/AED Instructor-Led Training	
Module 1: Course Introduction and Foundations	35 minutes
Module 2: Adult CPR and AED (<i>no AED will be covered; see details in the lesson</i>)	49 minutes
Module 3: Choking	20 minutes
Module 4: Sudden Illness	20 minutes
Module 5: Life-Threatening Bleeding	28 minutes
Module 6: Injuries and Environmental Emergencies	10 minutes
Module 7: Conclusion	2 minutes

Adult CPR/AED	Approximate Time: 2 hours 7 minutes
Use Lesson Plan A: Adult First Aid/CPR/AED Instructor-Led Training	
Module 1: Course Introduction and Foundations	35 minutes
Module 2: Adult CPR and AED	70 minutes
Module 3: Choking	20 minutes
Module 7: Conclusion	2 minutes

Adult CPR	Approximate Time: 1 hour 46 minutes
Use Lesson Plan A: Adult First Aid/CPR/AED Instructor-Led Training	
Module 1: Course Introduction and Foundations	35 minutes
Module 2: Adult CPR and AED (<i>no AED will be covered; see details in the lesson</i>)	49 minutes
Module 3: Choking	20 minutes
Module 7: Conclusion	2 minutes

Instructor-Led Training Pediatric-Only Courses

Pediatric First Aid/CPR/AED	Approximate Time: 4 hours 5 minutes
Use Lesson Plan F: Pediatric First Aid/CPR/AED Instructor-Led Training	
Module 1: Course Introduction and Foundations	35 minutes
Module 2: Pediatric CPR and AED	10 minutes
Module 3: Choking	38 minutes
Module 4: Sudden Illness	20 minutes
Module 5: Life-Threatening Bleeding	30 minutes
Module 6: Injuries and Environmental Emergencies	10 minutes
Module 7: Conclusion	2 minutes

Pediatric First Aid/CPR	Approximate Time: 3 hours 36 minutes
Use Lesson Plan F: Pediatric First Aid/CPR/AED Instructor-Led Training	
Module 1: Course Introduction and Foundations	35 minutes
Module 2: Pediatric CPR and AED (<i>no AED will be covered; see details in the lesson</i>)	81 minutes
Module 3: Choking	38 minutes
Module 4: Sudden Illness	20 minutes
Module 5: Life-Threatening Bleeding	30 minutes
Module 6: Injuries and Environmental Emergencies	10 minutes
Module 7: Conclusion	2 minutes

Pediatric CPR/AED	Approximate Time: 3 hours 5 minutes
Use Lesson Plan F: Pediatric First Aid/CPR/AED Instructor-Led Training	
Module 1: Course Introduction and Foundations	35 minutes
Module 2: Pediatric CPR and AED	110 minutes
Module 3: Choking	38 minutes
Module 7: Conclusion	2 minutes

Pediatric CPR	Approximate Time: 2 hours 36 minutes
Use Lesson Plan F: Pediatric First Aid/CPR/AED Instructor-Led Training	
Module 1: Course Introduction and Foundations	35 minutes
Module 2: Pediatric CPR and AED (<i>no AED will be covered; see details in the lesson</i>)	81 minutes
Module 3: Choking	38 minutes
Module 7: Conclusion	2 minutes

Instructor-Led Training Child-Only Courses

Child First Aid/CPR/AED	Approximate Time: 3 hours 14 minutes
Use Lesson Plan F: Pediatric First Aid/CPR/AED Instructor-Led Training	
Module 1: Course Introduction and Foundations	35 minutes
Module 2: Pediatric CPR and AED	75 minutes
Module 3: Choking	22 minutes
Module 4: Sudden Illness	20 minutes
Module 5: Life-Threatening Bleeding	30 minutes
Module 6: Injuries and Environmental Emergencies	10 minutes
Module 7: Conclusion	2 minutes

Child First Aid/CPR	Approximate Time: 2 hours 51 minutes
Use Lesson Plan F: Pediatric First Aid/CPR/AED Instructor-Led Training	
Module 1: Course Introduction and Foundations	35 minutes
Module 2: Pediatric CPR and AED (<i>no AED will be covered; see details in the lesson</i>)	52 minutes
Module 3: Choking	22 minutes
Module 4: Sudden Illness	20 minutes
Module 5: Life-Threatening Bleeding	30 minutes
Module 6: Injuries and Environmental Emergencies	10 minutes
Module 7: Conclusion	2 minutes

Child CPR/AED	Approximate Time: 2 hours 14 minutes
Use Lesson Plan F: Pediatric First Aid/CPR/AED Instructor-Led Training	
Module 1: Course Introduction and Foundations	35 minutes
Module 2: Pediatric CPR and AED	75 minutes
Module 3: Choking	22 minutes
Module 7: Conclusion	2 minutes

Child CPR	Approximate Time: 1 hour 51 minutes
Use Lesson Plan F: Pediatric First Aid/CPR/AED Instructor-Led Training	
Module 1: Course Introduction and Foundations	35 minutes
Module 2: Pediatric CPR and AED (<i>no AED will be covered; see details in the lesson</i>)	52 minutes
Module 3: Choking	22 minutes
Module 7: Conclusion	2 minutes

Instructor-Led Training Infant-Only Courses

Infant First Aid/CPR/AED	Approximate Time: 2 hours 55 minutes
Use Lesson Plan F: Pediatric First Aid/CPR/AED Instructor-Led Training	
Module 1: Course Introduction and Foundations	35 minutes
Module 2: Pediatric CPR and AED	59 minutes
Module 3: Choking	19 minutes
Module 4: Sudden Illness	20 minutes
Module 5: Life-Threatening Bleeding	30 minutes
Module 6: Injuries and Environmental Emergencies	10 minutes
Module 7: Conclusion	2 minutes

Infant First Aid/CPR	Approximate Time: 2 hours 32 minutes
Use Lesson Plan F: Pediatric First Aid/CPR/AED Instructor-Led Training	
Module 1: Course Introduction and Foundations	35 minutes
Module 2: Pediatric CPR and AED (<i>no AED will be covered; see details in the lesson</i>)	36 minutes
Module 3: Choking	19 minutes
Module 4: Sudden Illness	20 minutes
Module 5: Life-Threatening Bleeding	30 minutes
Module 6: Injuries and Environmental Emergencies	10 minutes
Module 7: Conclusion	2 minutes

Infant CPR/AED	Approximate Time: 1 hour 55 minutes
Use Lesson Plan F: Pediatric First Aid/CPR/AED Instructor-Led Training	
Module 1: Course Introduction and Foundations	35 minutes
Module 2: Pediatric CPR and AED	59 minutes
Module 3: Choking	19 minutes
Module 7: Conclusion	2 minutes

Infant CPR	Approximate Time: 1 hour 32 minutes
Use Lesson Plan F: Pediatric First Aid/CPR/AED Instructor-Led Training	
Module 1: Course Introduction and Foundations	35 minutes
Module 2: Pediatric CPR and AED (<i>no AED will be covered; see details in the lesson</i>)	36 minutes
Module 3: Choking	19 minutes
Module 7: Conclusion	2 minutes

Instructor-Led Training First Aid-Only Courses

First Aid	Approximate Time: 2 hours 20 minutes
Use Lesson Plan B: Adult and Pediatric First Aid/CPR/AED Instructor-Led Training	
Module 1: Course Introduction and Foundations	35 minutes
Module 4: Choking	38 minutes
Module 5: Sudden Illness	25 minutes
Module 6: Life-Threatening Bleeding	30 minutes
Module 7: Injuries and Environmental Emergencies	10 minutes
Module 8: Conclusion	2 minutes

Blended Learning Adult and Pediatric Courses

Adult and Pediatric First Aid/CPR/AED	Approximate Time: 2 hours 30 minutes
Use Lesson Plan D: Adult and Pediatric First Aid/CPR/AED Blended Learning	
Module 1: Course Introduction and Foundations	15 minutes
Module 2: Adult CPR and AED	50 minutes
Module 3: Pediatric CPR and AED	27 minutes
Module 4: Choking	36 minutes
Module 5: Life-Threatening Bleeding	20 minutes
Module 6: Conclusion	2 minutes

Adult and Pediatric CPR/AED	Approximate Time: 2 hours 10 minutes
Use Lesson Plan D: Adult and Pediatric First Aid/CPR/AED Blended Learning	
Module 1: Course Introduction and Foundations	15 minutes
Module 2: Adult CPR and AED	50 minutes
Module 3: Pediatric CPR and AED	27 minutes
Module 4: Choking	36 minutes
Module 6: Conclusion	2 minutes

Blended Learning Adult-Only Courses

Adult First Aid/CPR/AED	Approximate Time: 1 hour 45 minutes
Use Lesson Plan C: Adult First Aid/CPR/AED Blended Learning	
Module 1: Course Introduction and Foundations	15 minutes
Module 2: Adult CPR and AED	50 minutes
Module 3: Choking	18 minutes
Module 4: Life-Threatening Bleeding	20 minutes
Module 5: Conclusion	2 minutes

Adult CPR/AED	Approximate Time: 1 hour 25 minutes
Use Lesson Plan C: Adult First Aid/CPR/AED Blended Learning	
Module 1: Course Introduction and Foundations	15 minutes
Module 2: Adult CPR and AED	50 minutes
Module 3: Choking	18 minutes
Module 5: Conclusion	2 minutes

Blended Learning Pediatric-Only Courses

Pediatric First Aid/CPR/AED	Approximate Time: 2 hours 25 minutes
Use Lesson Plan G: Pediatric First Aid/CPR/AED Blended Learning	
Module 1: Course Introduction and Foundations	15 minutes
Module 2: Pediatric CPR and AED	75 minutes
Module 3: Choking	33 minutes
Module 4: Life-Threatening Bleeding	20 minutes
Module 5: Conclusion	2 minutes

Pediatric CPR/AED	Approximate Time: 2 hours 5 minutes
Use Lesson Plan G: Pediatric First Aid/CPR/AED Blended Learning	
Module 1: Course Introduction and Foundations	15 minutes
Module 2: Pediatric CPR and AED	75 minutes
Module 3: Choking	33 minutes
Module 5: Conclusion	2 minutes

Blended Learning First Aid-Only Courses

First Aid	Approximate Time: 1 hour 13 minutes
Use Lesson Plan D: Adult and Pediatric First Aid/CPR/AED Blended Learning	
Module 1: Course Introduction and Foundations	15 minutes
Module 4: Choking	36 minutes
Module 5: Life-Threatening Bleeding	20 minutes
Module 7: Conclusion	2 minutes

First Aid/CPR/AED Course Times Summary

Course	Approximate Time	Minimum Time
Instructor-Led Training Adult and Pediatric Courses		
Adult and Pediatric First Aid/CPR/AED	4 hours 15 minutes	3 hours 43 minutes
Adult and Pediatric First Aid/CPR	3 hours 45 minutes	3 hours 15 minutes
Adult and Pediatric CPR/AED	3 hours 10 minutes	2 hours 42 minutes
Adult and Pediatric CPR	2 hours 40 minutes	2 hours 14 minutes
Adult CPR/AED, Pediatric CPR and First Aid	4 hours 6 minutes	3 hours 34 minutes
Adult CPR/AED and Pediatric CPR	3 hours 1 minute	2 hours 33 minutes
Instructor-Led Training Adult and Child Courses		
Adult and Child First Aid/CPR/AED	3 hours 24 minutes	3 hours 3 minutes
Adult and Child First Aid/CPR	3 hours 3 minutes	2 hours 44 minutes
Adult and Child CPR/AED	2 hours 19 minutes	2 hours 2 minutes
Adult and Child CPR	1 hour 58 minutes	1 hour 43 minutes
Adult CPR/AED, Child CPR and First Aid	3 hours 24 minutes	3 hours 3 minutes
Adult CPR/AED and Child CPR	2 hours 19 minutes	2 hours 2 minutes
Instructor-Led Training Adult and Infant Courses		
Adult and Infant First Aid/CPR/AED	4 hours 10 minutes	3 hours 38 minutes
Adult and Infant First Aid/CPR	3 hours 40 minutes	3 hours 10 minutes
Adult and Infant CPR/AED	3 hours 5 minutes	2 hours 37 minutes
Adult and Infant CPR	2 hours 35 minutes	2 hours 9 minutes
Adult CPR/AED, Infant CPR and First Aid	4 hours 1 minute	3 hours 29 minutes
Adult CPR/AED and Infant CPR	2 hours 56 minutes	2 hours 28 minutes
Instructor-Led Training Adult-Only Courses		
Adult First Aid/CPR/AED	3 hours 5 minutes	2 hours 44 minutes
Adult First Aid/CPR	2 hours 44 minutes	2 hours 25 minutes
Adult CPR/AED	2 hours 7 minutes	1 hour 50 minutes
Adult CPR	1 hour 46 minutes	1 hour 31 minutes

Course	Approximate Time	Minimum Time
Instructor-Led Training Pediatric-Only Courses		
Pediatric First Aid/CPR/AED	4 hours 5 minutes	3 hours 33 minutes
Pediatric First Aid/CPR	3 hours 36 minutes	3 hours 6 minutes
Pediatric CPR/AED	3 hours 5 minutes	2 hours 37 minutes
Pediatric CPR	2 hours 36 minutes	2 hours 10 minutes
Instructor-Led Training Child-Only Courses		
Child First Aid/CPR/AED	3 hours 14 minutes	2 hours 53 minutes
Child First Aid/CPR	2 hours 51 minutes	2 hours 32 minutes
Child CPR/AED	2 hours 14 minutes	1 hour 57 minutes
Child CPR	1 hour 51 minutes	1 hour 36 minutes
Instructor-Led Training Infant-Only Courses		
Infant First Aid/CPR/AED	2 hours 55 minutes	2 hours 38 minutes
Infant First Aid/CPR	2 hours 32 minutes	2 hours 17 minutes
Infant CPR/AED	1 hour 55 minutes	1 hour 42 minutes
Infant CPR	1 hour 32 minutes	1 hour 21 minutes
Instructor-Led Training First Aid-Only Courses		
First Aid	2 hours 20 minutes	2 hours 8 minutes
Blended Learning Adult and Pediatric Courses		
Adult and Pediatric First Aid/CPR/AED	2 hours 30 minutes	1 hour 58 minutes
Adult and Pediatric CPR/AED	2 hours 10 minutes	1 hour 42 minutes
Blended Learning Adult-Only Courses		
Adult First Aid/CPR/AED	1 hour 45 minutes	1 hour 24 minutes
Adult CPR/AED	1 hour 25 minutes	1 hour 8 minutes
Blended Learning Pediatric-Only Courses		
Pediatric First Aid/CPR/AED	2 hours 25 minutes	1 hour 53 minutes
Pediatric CPR/AED	2 hours 5 minutes	1 hour 37 minutes
Blended Learning First Aid-Only Courses		
First Aid	1 hour 13 minutes	1 hour 1 minute