

ARC – FIRST AID CPR AED – REVIEW AND CHALLENGE COURSE TRAINING SCHEDULE

LESSON PLAN E

First Aid/ CPR/AED

Review Course and Challenge Course

First Aid, CPR, AED Review Course Outline

Module 1: Course Introduction and Foundations

Topic	Time
Course Introduction and Foundations	5 minutes
Skill Review: Emergency Action Steps	5 minutes
Skill Practice: Checking a Person Who Appears Unresponsive (optional)	7 minutes
Module 1: Course Introduction and Foundations Total Time	10 minutes

Module 2: Adult CPR and AED

Topic	Time
Adult CPR/AED Foundations	5 minutes
Skill Review: CPR and AED	5 minutes
Skill Practice: Giving CPR Cycles	8 minutes
Skill Practice: Using an AED	7 minutes
Assessment Scenario: Giving CPR and Using an AED for Adults	15 minutes
Module 2: Adult CPR and AED Total Time	40 minutes

*******SKIP MODULE 3*******

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Module 4: Choking

Topic	Time
Choking Foundations	3 minutes
Skill Review: Caring for a Choking Adult or Child	4 minutes
Skill Practice: Giving Back Blows and Abdominal Thrusts to Adults and Children	6 minutes
Skill Review: Caring for a Choking Infant	3 minutes
Skill Practice: Giving Back Blows and Chest Thrusts to Infants	6 minutes
Assessment Scenario: Caring for a Choking Adult or Child	7 minutes
Assessment Scenario: Caring for a Choking Infant	7 minutes
Module 4: Choking Total Time	36 minutes

Module 5: Sudden Illness

Topic	Time
Sudden Illness	25 minutes
Assessment Scenario: Caring for a Person Experiencing a Sudden Illness (optional)	7 minutes
Module 5: Sudden Illness Total Time	25 minutes

Module 6: Life-Threatening Bleeding

Topic	Time
Life-Threatening Bleeding Foundations	2 minutes
Skill Review: Caring for Life-Threatening Bleeding	6 minutes
Skill Practice: Using Direct Pressure to Control Life-Threatening Bleeding	7 minutes
Assessment Scenario: Caring for Life-Threatening Bleeding	7 minutes
Module 6: Life-Threatening Bleeding Total Time	22 minutes

Module 7: Injuries and Environmental Emergencies

Topic	Time
Injuries and Environmental Emergencies	10 minutes
Module 7: Injuries and Environmental Emergencies Total Time	10 minutes

Module 8: Conclusion

Topic	Time
Conclusion	2 minutes
Final Exam (optional)	60 minutes
Module 8: Conclusion Total Time	2 minutes

TOTAL COURSE TIME	3 hours
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