

First Aid/CPR/AED Video Segments

Lesson Plan A: Adult First Aid/CPR/AED Instructor Led-Training

Module 1: Course Introduction and Foundations

- Lowering the Risk for Infection (3:03)
- Removing Latex-Free Disposable Gloves (0:53)
- Recognizing Emergencies and Gaining Confidence to Act (Adult) (1:21)
- CHECK—CALL—CARE (Adult) (11:02)
- Recovery Position (Adult) (0:47)
- Skill Practice Walk-Through (1:25) (optional)

Module 2: Adult CPR and AED

- High-Quality CPR for Adults (1:14)
- CPR for Adults (8:56)
- Skill Practice Walk-Through (1:25)
- Using an AED for Adults (6:12)
- Assessment Scenario Walk-Through (1:48)

Module 3: Choking

- Recognizing Choking (Adult) (1:39)
- Caring for a Responsive Choking Adult (3:12)
- Caring for an Unresponsive Choking Adult (1:30)

Module 4: Sudden Illness

- General Approach to Sudden Illness (Adult) (2:38)
- Stroke (Adult) (1:48)
- Shock (Adult) (1:27)
- Asthma Attack (Adult) (1:10)
- Anaphylaxis (1:23)
- Heart Attack (2:13)
- Opioid Overdose (1:10)
- Diabetic Emergency (Adult) (1:47)

Module 5: Life-Threatening Bleeding

- Recognizing Life-Threatening Bleeding (0:50)
- Using Direct Pressure and a Tourniquet to Control Life-Threatening Bleeding (Adult) (9:16)

Module 6: Injuries and Environmental Emergencies

- Burns (Adult) (2:01)
- Head, Neck and Spinal Injuries (Adult) (2:53)
- Heat Stroke (Adult) (1:10)
- Hypothermia (Adult) (1:10)
- Poison Exposure (1:14)