

# 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)

# Lesson Plan B: Adult and Pediatric 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 and Pediatric) (11:40)
- 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 (8:55)
- Skill Practice Walk-Through (1:25)
- Using an AED for Adults (6:12)
- Assessment Scenario Walk-Through (1:48)

## Module 3: Pediatric CPR and AED

- One-Hand CPR Technique (0:32)
- CPR for Infants (8:37)
- AED Use for Children and Infants (Adult and Pediatric) (1:50)

## Module 4: Choking

- Recognizing Choking (Adult and Pediatric) (1:43)
- Caring for a Responsive Choking Adult or Child (4:24)
- Caring for an Unresponsive Choking Adult or Child (1:30)
- Caring for a Responsive Choking Infant (2:14)
- Caring for an Unresponsive Choking Infant (0:41)

## Module 5: Sudden Illness

- General Approach to Sudden Illness (Adult and Pediatric) (2:47)
- Stroke (Adult) (1:48)
- Shock (Adult) (1:27)
- Asthma Attack (Pediatric) (1:10)
- Anaphylaxis (1:23)
- Heart Attack (2:13)
- Opioid Overdose (1:10)
- Diabetic Emergency (Adult and Pediatric) (1:54)

## Module 6: Life-Threatening Bleeding

- Recognizing Life-Threatening Bleeding (0:50)
- Using Direct Pressure and a Tourniquet to Control Life-Threatening Bleeding (Adult and Pediatric) (10:27)

## Module 7: Injuries and Environmental Emergencies

- Burns (Adult and Pediatric) (2:04)
- Head, Neck and Spinal Injuries (Pediatric) (2:58)
- Heat Stroke (Adult) (1:10)
- Hypothermia (Pediatric) (1:10)
- Poison Exposure (1:14)

# Lesson Plan C: Adult First Aid/CPR/AED Blended Learning

## Module 1: Course Introduction and Foundations

- Removing Latex-Free Disposable Gloves (0:53)
- CHECK—CALL—CARE Review (2:29)
- Skill Practice Walk-Through (1:25) (optional)

## Module 2: Adult CPR and AED

- Putting It All Together: Giving CPR and Using an AED for Adults (2:44)
- Skill Practice Walk-Through (1:25)
- Assessment Scenario Walk-Through (1:48)

## Module 3: Choking

- Caring for a Responsive Choking Adult (3:12)

## Module 4: Life-Threatening Bleeding

- Using Direct Pressure to Control Life-Threatening Bleeding (Adult) (5:15)

# Lesson Plan D: Adult and Pediatric First Aid/CPR/AED Blended Learning

## Module 1: Course Introduction and Foundations

- Removing Latex-Free Disposable Gloves (0:53)
- CHECK—CALL—CARE Review (2:29)
- Skill Practice Walk-Through (1:25) (optional)

## Module 2: Adult CPR and AED

- Putting It All Together: Giving CPR and Using an AED for Adults (2:44)
- Skill Practice Walk-Through (1:25)
- Assessment Scenario Walk-Through (1:48)

## Module 3: Pediatric CPR and AED

- Putting It All Together: Giving CPR and Using an AED for Infants (2:48)

## Module 4: Choking

- Caring for a Responsive Choking Adult or Child (4:24)
- Caring for a Responsive Choking Infant (2:14)

## Module 5: Life-Threatening Bleeding

- Using Direct Pressure to Control Life-Threatening Bleeding (5:15)

# Lesson Plan E: First Aid/CPR/AED Review Course and Challenge Course

## Review Course

### Module 1: Course Introduction and Foundations

- Removing Latex-Free Disposable Gloves (0:53)
- CHECK—CALL—CARE Review (2:29)
- Skill Practice Walk-Through (1:25) (optional)

### Module 2: Adult CPR and AED

- Putting It All Together: Giving CPR and Using an AED for Adults (2:44)
- Skill Practice Walk-Through (1:25)
- Assessment Scenario Walk-Through (1:48)

### Module 3: Pediatric CPR and AED

- Putting It All Together: Giving CPR and Using an AED for Children (2:39) (optional)
- Putting It All Together: Giving CPR and Using an AED for Infants (2:48)

### Module 4: Choking

- Caring for a Responsive Choking Adult or Child (4:24)
- Caring for a Responsive Choking Infant (2:14)

### Module 5: Sudden Illness

- General Approach to Sudden Illness (Adult and Pediatric) (2:47)
- Stroke (Adult) (1:48)
- Shock (Adult) (1:27)
- Asthma Attack (Pediatric) (1:10)
- Anaphylaxis (1:23)
- Heart Attack (2:13)
- Opioid Overdose (1:10)
- Diabetic Emergency (Adult and Pediatric) (1:54)

### Module 6: Life-Threatening Bleeding

- Using Direct Pressure to Control Life-Threatening Bleeding (Adult) (5:15)

### Module 7: Injuries and Environmental Emergencies

- Burns (Adult and Pediatric) (2:04)
- Head, Neck and Spinal Injuries (Pediatric) (2:58)
- Heat Stroke (Adult) (1:10)
- Hypothermia (Pediatric) (1:10)
- Poison Exposure (1:14)

## Challenge Course

### Module 1: Course Introduction

- Assessment Scenario Walk-Through (1:48)

### Module 2: Assessment Scenarios

<no videos>

# Lesson Plan F: Pediatric 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 (Pediatric) (1:21)
- CHECK—CALL—CARE (Pediatric) (11:21)
- Recovery Position (Pediatric) (0:50)
- Skill Practice Walk-Through (1:25) (optional)

## Module 2: Pediatric CPR and AED

- High-Quality CPR for Children and Infants (1:18)
- CPR for Children (10:10)
- One-Hand CPR Technique (0:32)
- Skill Practice Walk-Through (1:25)
- CPR for Infants (8:37)
- Using an AED for Children and Infants (8:10)
- Assessment Scenario Walk-Through (1:48)

## Module 3: Choking

- Recognizing Choking (Pediatric) (1:41)
- Caring for a Responsive Choking Child (3:40)
- Caring for an Unresponsive Choking Child (1:28)
- Caring for a Responsive Choking Infant (2:14)
- Caring for an Unresponsive Choking Infant (0:41)

## Module 4: Sudden Illness

- General Approach to Sudden Illness (Pediatric) (2:37)
- Shock (Pediatric) (1:27)
- Asthma Attack (Pediatric) (1:10)
- Anaphylaxis (1:23)
- Opioid Overdose (1:10)
- Diabetic Emergency (Pediatric) (1:47)

## Module 5: Life-Threatening Bleeding

- Recognizing Life-Threatening Bleeding (0:50)
- Using Direct Pressure and a Tourniquet to Control Life-Threatening Bleeding (Pediatric) (9:11)
- Using a Pediatric Tourniquet to Control Life-Threatening Bleeding (2:08)

## Module 6: Injuries and Environmental Emergencies

- Burns (Pediatric) (2:00)
- Head, Neck and Spinal Injuries (Pediatric) (2:58)
- Heat Stroke (Pediatric) (1:10)
- Hypothermia (Pediatric) (1:10)
- Poison Exposure (1:14)

# Lesson Plan G: Pediatric First Aid/CPR/AED Blending Learning

## Module 1: Course Introduction and Foundations

- Removing Latex-Free Disposable Gloves (0:53)
- CHECK—CALL—CARE Review (2:29)
- Skill Practice Walk-Through (1:25) (optional)

## Module 2: Pediatric CPR and AED

- Putting It All Together: Giving CPR and Using an AED for Children (2:39)
- Putting It All Together: Giving CPR and Using an AED for Infants (2:48)
- Skill Practice Walk-Through (1:25)
- Assessment Scenario Walk-Through (1:48)

## Module 3: Choking

- Caring for a Responsive Choking Child or Infant (3:26)

## Module 4: Life-Threatening Bleeding

- Using Direct Pressure to Control Life-Threatening Bleeding (Pediatric) (4:48)

# Lesson Plan H: Stacked Course First Aid/CPR/AED Instructor-Led Training

## Module 1: Course Introduction

<no videos>

## Module 2: Foundations of Adult Care

- 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) (1 1:02)
- Recovery Position (Adult) (0:47)
- Skill Practice Walk-Through (1:25) (optional)

## Module 3: Adult CPR and AED

- High-Quality CPR for Adults (1:14)
- CPR for Adults (8:55)
- Skill Practice Walk-Through (1:25)
- Using an AED for Adults (6:12)
- Assessment Scenario Walk-Through (1:48)

## Module 4: Adult Choking

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

## Module 5: Adult 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 6: Adult Life-Threatening Bleeding

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

## Module 7: Adult 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)



## **Module 8: Foundation Considerations for Pediatrics**

<no videos>

## **Module 9: Pediatric CPR and AED**

- One-Hand CPR Technique (0:32)
- CPR for Infants (8:37)
- AED Use for Children and Infants (1:50)

## **Module 10: Pediatric Considerations for Choking**

- Caring for a Responsive Choking Child or Infant (3:26)
- Caring for an Unresponsive Choking Infant (0:41)

## **Module 11: Pediatric First Aid Considerations for Choking**

<no videos>

# Lesson Plan I: Stacked Course First Aid/CPR/AED Blended Learning

## Module 1: Course Introduction

<no videos>

## Module 2: Foundations of Adult Care

- Removing Latex-Free Disposable Gloves (0:53)
- CHECK—CALL—CARE Review (2:29)
- Skill Practice Walk-Through (1:25) (optional)

## Module 3: Adult CPR and AED

- Putting It All Together: Giving CPR and Using an AED for Adults (2:44)
- Skill Practice Walk-Through (1:25)
- Assessment Scenario Walk-Through (1:48)

## Module 4: Adult Choking

- Caring for a Responsive Choking Adult (3:12)

## Module 5: Adult Life-Threatening Bleeding

- Using Direct Pressure to Control Life-Threatening Bleeding (Adult) (5:15)

## Module 6: Foundation Considerations for Pediatrics

<no videos>

## Module 7: Pediatric CPR and AED

- Putting It All Together: Giving CPR and Using an AED for Children (2:39)
- Putting It All Together: Giving CPR and Using an AED for Infants (2:48)

## Module 8: Pediatric Considerations for Choking

- Caring for a Responsive Choking Child or Infant (3:26)

# Lesson Plan J: First Aid/CPR/AED Virtual Skills Training Blended Learning

<no videos>

