



American Heart Association
CPR & First Aid
Emergency Cardiovascular Care



Heartsaver First Aid & CPR/AED Total Course Path: This three-and-a-half-hour course is an all-inclusive class that will teach participants First Aid & CPR/AED (adult, child, and infant). This course is designed for anyone with little or no medical training who needs first aid and CPR training along with a course completion card for job, regulatory (e.g., OSHA), or other regulatory or licensing requirements. Heartsaver Total can also be taken by anyone who wants to be prepared to act in an emergency. For students who pass, they will receive an AHA Card, which is valid for two years. **The cost of this course is \$100.00**

Objectives: CPR/AED: Describe how high-quality CPR improves survival • Explain the concept of the Chain of Survival • Recognize when someone needs CPR • Describe how to perform CPR with help from others • Demonstrate giving effective breaths by using mouth to mouth or a mask for all ages • Demonstrate performing high-quality CPR for an adult, a child, and an infant • Demonstrate using an AED on an adult and on a child • Describe when and how to help a choking adult or child • Demonstrate how to help a choking infant.

Objectives: First Aid: List the priorities, roles, and responsibilities of first aid rescuers • Describe the key steps in first aid • Demonstrate removing protective gloves • Demonstrate finding the problem • Describe the assessment and first aid actions for these life-threatening conditions: heart attack, difficulty breathing, choking, severe bleeding, shock, and stroke • Describe when and how to help a choking adult, child, or infant • Demonstrate how to help a choking infant • Demonstrate how to use an epinephrine pen • Demonstrate how to control bleeding and apply bandaging • Recognize elements of common illnesses and injuries • Describe the benefits of living a healthy lifestyle and the risks of smoking and vaping • Describe how to find information on preventing illness and injury • Recognize the legal questions that apply to first aid rescuers.

American Heart Association Heartsaver CPR/AED: This two-hour course is an all-inclusive class that will teach participants CPR/AED (adult, child, and infant). This course is designed for anyone with little or no medical training who needs CPR training along with a course completion card for job, regulatory (e.g., OSHA), or other regulatory or licensing requirements. Heartsaver CPR can also be taken by anyone who wants to be prepared to act in an emergency. For students who pass, they will receive an AHA Card, which is valid for two years. **The cost of this course is \$60.00**

American Heart Association Family and Friends CPR: This two-hour Course teaches the lifesaving skills of adult Hands-Only CPR, adult CPR with breaths, child CPR with breaths, adult and child AED use, infant CPR, and mild and severe choking for adults, children, and infants. This course is designed primarily for those who want to learn CPR and do not need a certification. This course is designed for parents, grandparents and members of the community who want to learn how to effectively help their friends and family in an emergency. **The cost of this course is \$30.00**

To sign up for available classes, or if you have any questions regarding our courses, please contact Kevin, Oxford Fire Department's EMS Coordinator at **EMS@OXFORDFIREDEPT.COM**