

CPR, AED and First Aid

Our American Safety & Health Institute® (ASHI) CPR/AED and Basic First Aid training is a program that develops the basic knowledge, skills, and confidence to respond to an emergency. This training program is an excellent choice for both the community and workplace setting, and conforms to the 2020 AHA Guidelines Update for CPR, ECC, and First Aid. ASHI is branded under the Health & Safety Institute (HSI) family of programs.

This ASHI course offers:

- Low-stress training with user-friendly materials and positive coaching
- Safe and effective first aid response techniques based on the most up-to-date guidelines for CPR and first aid
- A memorable learning experience which will stay with the student long after the one-day training session
- Significant classroom time for hands-on practice in small groups
- Performance evaluation, all students must perform required skills competently without assistance.

Digital materials for this course:

After successful completion of the course, the student will receive an email that gives them web access to their HSI Passport which provides:

- Access to a digital print of their certification card
- Access to a digital download of the student book
- Step-by-step instructions to over 25 emergency care topics
- Over 35 videos and quarterly online refresher lessons
- CPR and First Aid Skill Guides
- Mobile application downloads (Android only)



Topics covered in the program:

- Legal Considerations
- Recognizing an Emergency
- Deciding to Help & Personal Safety
- Infectious Bloodborne Diseases
- Standard Precautions
- Personal Protective Equipment
- Emergency Medical Services (EMS)
- Emergency Moves
- Sudden Cardiac Arrest
- Oxygen and the Human Body
- Early Defibrillation
- Chain of Survival
- Secondary Cardiac Arrest
- Opioid Overdose
- Cardiac Arrest—Children and Infants
- Chest Compressions
- Rescue Breaths
- CPR Masks and Shields
- Unresponsive and Not Breathing—CPR
- Automated External Defibrillators (AEDs)
- AED Operation
- AEDs – Children and Infants
- AED Troubleshooting
- Primary Assessment—Unresponsive
- Unresponsive— Recovery Position
- Multiple Provider Approach to CPR
- Choking
- Primary & Secondary Assessment
- Bleeding Control: Tourniquets Hemostatic Dressings
- Internal Bleeding
- Shock
- Amputation
- Impaled Object
- Open Chest & Open Abdominal Injury
- Head, Neck, or Back Injury
- Swollen, Painful, Deformed Limb
- Burns
- Nosebleed
- Injured Tooth
- Sudden Illness
- Altered Mental Status
- Fainting
- Stroke
- Hypoglycemia
- Seizure
- Breathing Difficulty, Shortness of Breath
- Asthma and Inhalers
- Severe Allergic Reaction
- Pain, Pressure, or Discomfort In Chest
- Severe Abdominal Pain
- Poisoning
- Bites and Stings
- Heat & Cold Emergencies
- Emotional Considerations

Class completion times:

With Adult CPR & AED	4 hours
With Adult/Child CPR & AED	4.5 hours
With Adult/Child/Infant CPR & AED	5 hours



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