**CPR & First Aid Class: Course Outline and Objectives**

**Course Objective: To provide participants with the knowledge and skills necessary to recognize and respond appropriately to cardiac, breathing, and first aid emergencies, enabling them to give immediate care to an injured or ill person and determine if advanced medical care is needed.**

**Target Audience: Lay responders in workplace and community settings.**

**Course Modules:**

1. **Course Introduction and Foundations**
   * **Recognizing emergencies and gaining confidence to act**
   * **Understanding infection risk and legal concepts for lay responders**
   * **Learning the CHECK—CALL—CARE emergency action steps**
2. **Adult CPR and AED**
   * **Demonstrating high-quality CPR techniques**
   * **Proper use of an automated external defibrillator (AED)**
   * **Performing 100-120 chest compressions per minute, 30 at a time**
3. **Pediatric CPR and AED (if applicable)**
   * **Adapting techniques for children and infants**
4. **Choking**
   * **Recognizing signs of choking**
   * **Demonstrating first aid care for a choking person**
5. **Sudden Illness**
   * **Identifying and responding to shock, asthma attacks, anaphylaxis, heart attacks**
   * **Managing opioid overdoses, diabetic emergencies, high fever, and dehydration**
6. **Life-Threatening Bleeding**
   * **Applying direct pressure to control bleeding**
   * **Understanding and using commercial tourniquets**
7. **Injuries and Environmental Emergencies**
   * **Treating burns, head, neck, and spinal injuries (including concussion)**
   * **Responding to heat stroke, hypothermia, and poison exposure**
8. **Conclusion and Assessment**
   * **Reviewing key concepts**
   * **Practical skills assessment**

**Key Takeaways:**

* **Participants will learn to recognize and respond to various emergency situations.**
* **They will develop skills in performing CPR and using an AED effectively.**
* **Participants will gain confidence in providing first aid for sudden illnesses and injuries.**
* **They will understand when and how to call for advanced medical care.**

**Delivery Methods:**

* **Instructor-led training or blended learning with online and in-person components.**

**Certification:**

* **Successful completion leads to Red Cross First Aid/CPR/AED certification.**

**Additional Optional Skill Boosts:**

* **Asthma and quick-relief medication administration**
* **Anaphylaxis and epinephrine auto-injector use**
* **Opioid overdose and naloxone administration**
* **Advanced bleeding control and tourniquet application**
* **Head, neck, muscle, bone, joint injuries, and splinting**

**This course is designed to meet OSHA compliance and workplace requirements while providing efficient, comprehensive emergency response training.**