



SAFETY FIRST
TRAINING TO A "T"

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American Heart Association (AHA) Heartsaver (HS) Provider FIRST AID Course

This course provides the necessary knowledge and skills to save a life, in short, emphasizing 911 and providing basic FIRST AID generally in any community or workplace setting. The areas that **will be** covered include:

General Principles:

- Concerns of Further Injury, Future Litigation and Disease Transmission
- Responsibility and Liability
- Scene Safety and Standard Precautions
- Phoning 911 and Finding the Problem

Medical or Illness Emergencies:

- Asthma and FBAO (Foreign Body Airway Obstruction aka Choking)
- Allergic Reaction (Anaphylaxis)
- Heart Attack (AMI)
- Fainting (Syncope)
- Diabetic Reaction (Hypoglycemia)
- Stroke or Brain Attack (CVA)
- Seizures

Trauma or Injury Emergencies:

- External and Internal Bleeding
- Nose, Mouth, Dental and Eye Injuries
- Head, Neck and Spine Injuries
- Bone, Muscle and Joint Injuries
- Thermal, Chemical and Electrical Burns

Environmental Emergencies:

- Animal and Snake Bites
- Insect, Spider and Tick Bites and Stings
- Marine Bites and Stings
- Heat and Cold Emergencies
- Poisoning Emergencies

This course is approximately 3-4 hours in length and students will receive handouts highlighting key points of the class and their AHA HS CPR/AED Provider Certification Card upon successful completion of the course. The BLS version is the same as the Heartsaver version.