



SAFETY FIRST  
TRAINING TO A "T"

**Mary Therese Tylus, MA**  
**Owner**  
[marytylus@comcast.net](mailto:marytylus@comcast.net)  
[www.TylusTrainingServices.com](http://www.TylusTrainingServices.com)

## **American Heart Association (AHA) Heartsaver (HS) And Basic Life Support (BLS) Provider CPR/AED Courses**

This course provides the necessary knowledge and skills to save a life, in short, emphasizing 911, providing CPR and utilizing an AED generally in any community or workplace setting. The areas that **can be** covered include:

- Establishment of the Real Purpose of CPR
- Three Most Common Myths of CPR
- Adult/Child/Infant CPR/AED with One Rescuer
- Adult/Child/Infant FBAO (Foreign Body Airway Obstruction aka Choking)
- Adult/Child/Infant BDU (Barrier Device Use)

This course is approximately 4-6 hours in length (depending upon the version and level of certification) and students will receive handouts highlighting key points of the class and their AHA HS or BLS CPR/AED Provider Certification Card upon successful completion of the course. HS is for the public and non-medical facilities; the BLS version is for those in any healthcare or hospital setting, prehospital setting.