



Adult CPR/AED

Purpose: Train lay responders to overcome any reluctance to act in emergency situations and to recognize and care for life-threatening respiratory or cardiac emergencies in adults. Learn how to care for a person with breathing and cardiac emergencies and how to use an AED until emergency medical services arrive.

Learning Objectives

- Learn how to recognize and respond to an emergency.
- Understand the purpose of the Good Samaritan Laws.
- Learn the three emergency action steps.
- Identify when and how to call 9-1-1 or the local emergency number.
- Explain when and how to move a person from a dangerous scene.
- Learn how to minimize the risk of disease transmission when giving care.
- Be able to check both a conscious and an unconscious person for life-threatening and nonlife-threatening conditions.
- Identify the signals of shock and describe how to minimize its effects.
- Recognize the signals of a breathing emergency.
- Demonstrate how to care for a person who is choking.
- Demonstrate how to recognize and care for a person who is not breathing.
- Recognize the signals and learn how to care for a cardiac emergency.
- Demonstrate how to give cardiopulmonary resuscitation (CPR).
- Learn what defibrillation is and how it works.
- Learn the role of CPR in cardiac arrest.
- Identify the general steps for the use of an automated external defibrillator (AED).
- Identify precautions when using an AED.
- Demonstrate how to use an AED.

Length: Approximately 4 hours and 30 minutes

Participant Materials

First Aid/CPR/AED for the Workplace Participant's Workbook
Adult CPR/AED Skills Card - First Aid Skills Card