



Adult CPR

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. Provide the lay responder with the knowledge and skills necessary in an emergency to help sustain life and to minimize pain and the consequences of injury or sudden illness until professional medical help arrives.

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.
- Learn how to prioritize care for injuries and sudden illnesses.
- 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).

Length: Approximately 3 hours and 30 minutes

Participant Materials

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