

# CPR and AED

ASHI *CPR and AED* is designed specifically for laypeople and is an excellent choice for both the community and workplace setting. This extremely flexible program will help prepare people to respond to a cardiac arrest and choking. This program conforms to the *2015 AHA Guidelines Update for CPR and ECC*.

## Intended audience

Individuals who are not healthcare providers or professional rescuers but desire or are required to be certified in CPR and the use of an AED.

## Class options

- Adult
- Adult and Child
- Adults, Child and Infant

## Class configurations

- Max student to instructor ratio: 10 to 1
- Recommended student to equipment ratio: 3 to 1

## ASHI-approved training materials

- ASHI *CPR and AED* Student book (one per participant, print or digital)
- ASHI *CPR and AED* Instructor Guide (one per Instructor, print or digital)
- ASHI *CPR and AED* media presentation (program video, PowerPoint® or computer / online blended class)

## Digital resources

- Streaming video player
- Create custom playlists
- Customizable blended learning playlists
- Pre-built digital Performance Evaluations
- Track past, present and future classes through TC portal
- Mobile app, including offline mode

## Recognized certification period

Up to 2 years

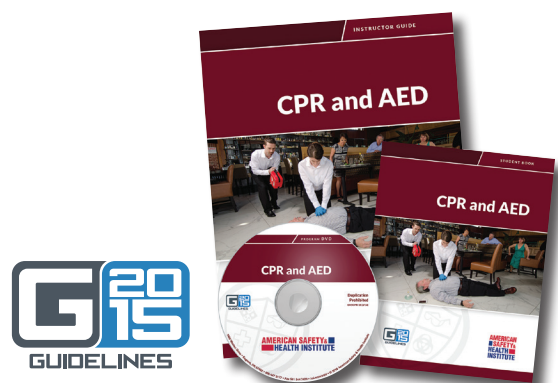
## Successful completion (certification)

- *Written evaluation*: When not required by a regulatory agency, it is optional.
- *Performance evaluation*: All students must perform required skills competently without assistance.

## Recommended time to complete

- *Initial training*:
  - Adult: 2 hours
  - Adult and Child: 3 hours
  - Adult, Child and Infant: 3.5 hours
- *Renewal training*: Less than initial instructional time

Times are based on core-topics only. Adding supplemental topics will add to the overall class time.





**Class topics**

- Oxygen and the Human Body
- Sudden Cardiac Arrest
- Cardiopulmonary Resuscitation (CPR)
- Early Defibrillation
- Chain of Survival
- Secondary Cardiac Arrest
- Opioid Overdose
- CPR and AED Provider
- Recognizing an Emergency
- Deciding to Help
- Personal Safety
- Infectious Bloodborne Diseases
- Standard Precautions
- Personal Protective Equipment
- Legal Considerations — Consent, Implied Consent, Abandonment and Good Samaritan Laws
- Calling for Help
- Chest Compressions
- Rescue Breaths — Establishing an Airway, Using a CPR Mask, Using an Overlay Shield
- Recovery Position
- Caring for Cardiac Arrest
- Multiple Provider Approach to CPR
- High-Performance CPR\*
- Integrating LOOP\*
- Administration of Naloxone with Prefilled Syringe\*, Narcan Nasal Spray\* or Evzio Auto-Injector\*
- Automated External Defibrillation
- Choking — Mild Obstruction, Severe Obstruction
- Choking
- Emotional Considerations

*\*Supplemental topics*

Can be combined with ASHI *Basic First Aid* to create a combined *CPR, AED and Basic First Aid* program.

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