



AMERICAN SAFETY &
HEALTH INSTITUTE

MEDIC
First Aid



FIRST AID | CPR AED

The purpose of the HSI First Aid | CPR AED training program is for participants to gain or improve knowledge and skill proficiency in First Aid, CPR, and AED skills.

- ✓ HSI First Aid | CPR AED has been approved by the HSI Medical Advisory Board and reviewed by the HSI Advisory Council.
- ✓ Reflects the latest resuscitation science and treatment recommendations published by the International Liaison Committee on Resuscitation (ILCOR).
- ✓ Conforms with the 2025 American Heart Association (AHA) Guidelines Update for CPR and ECC and the annual Guidelines Update.

Intended audience

The intended audience is individuals who are not healthcare providers or professional rescuers who desire, or are occupationally required, to be trained and certified in first aid for adults occupational settings, and/or CPR AED for the adult, child, or infant.*

Class options

HSI First Aid | CPR AED gives you the flexibility to teach 9 different certification options.

Delivery options

- Traditional Classroom
- Blended Learning
- Remote Skill Verification (RSV)

Instructional elements

- First Aid | CPR AED Instructor Guide
- First Aid | CPR AED Skill Guide
- First Aid | CPR AED Student Book
- First Aid | CPR AED Media Presentation

Online portal

- Streaming/Offline video presentation player
- Custom playlists
- Pre-built digital Performance Evaluations
- Past, present and future class tracking

Certification period

- 2 years from month of issue

Student certification requirements

- Performance evaluation: All students must perform required skills competently without assistance.
- Written exam(s): Optional, except when required by an employer, regulatory or occupational licensing agency, or when challenging the course.

Recommended time to complete

- Adult First Aid | Adult/Child/Infant CPR AED: 4 1/2 - 7 1/2 hours
- Adult/Child/Infant CPR AED: 3 - 5 hours
- Adult First Aid: 2 1/2 - 4 hours



*This program is not designed to meet regulatory requirements for pediatric first aid training in childcare and should not be used for that purpose.



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800-447-3177 |



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Student-to-Instructor Ratio (SIR)

- Recommended SIR is 6 students to 1 instructor
- Maximum SIR is 12 students to 1 instructor

Class topics

- Responding to an Emergency & First Aid Assessment
- Compression-Only CPR for Sudden Cardiac Arrest (SCA)
- Chest Compressions
- Airway, Breaths, & Using a CPR Mask
- Automated External Defibrillation & Using an AED
- One-Provider CPR AED
- Relief of Choking
- Direct Pressure to Control Bleeding
- Using a Tourniquet
- Impaled Objects, Open Chest Wound, & Open Abdominal Injury
- Amputated Body Parts
- Shock
- Head, Neck, or Spinal Injury
- Eye Injuries
- Burns
- Bone, Joint, & Muscle Injuries
- Concussion
- Presyncope & Syncope
- Stroke
- Seizure
- Diabetes and Hypoglycemia
- Difficulty Breathing, Asthma, & Severe
- Allergic Reaction
- Chest Pain & Heart Attack
- Suspected Opioid-Associated Emergency
- Poisoning
- Heat & Cold Emergencies
- Bites & Stings
- Using an Epinephrine Autoinjector Training Device



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