**Heartsaver First Aid Instructor-Led Course Agenda**

Approximate course path duration without optional topics: 2 hours;

time may be extended with additional topics

Student-instructor ratio 6:1; student-manikin ratio 3:1

Lesson times are estimates and can vary from course to course.

|  |  |
| --- | --- |
| Lesson | Duration (in minutes) |
| Lesson 1: Introduction | 7 |
| Lesson 2: First Aid Basics: Duties and Key Steps | 23 |
| Lesson 3: First Aid Basics Summary | 2 |
| Lesson 4: Medical Emergencies | 20 |
| Lesson 5: Medical Emergencies Summary | 2 |
| Break | 5 |
| Lesson 6: Injury Emergencies | 33 |
| Lesson 7: Injury Emergencies Summary | 2 |
| Lesson 8: Environmental Emergencies | 20 |
| Lesson 9: Environmental Emergencies Summary | 2 |
| Lesson 10: Prevention Strategies | 6 |
| Lesson 11: Preventing Illness and Injury; Legal Questions | 2 |
| Lesson 12: Conclusion | 2 |