



**Environment, Health, & Safety
Training Program**

EHS 0123 ~ Adult CPR w/AED

Course Syllabus

Subject Category: Adult CPR w/AED
Course Length: 2.5 hours
Delivery Mode: Classroom
Schedule: monthly

Course Prerequisite: No
Medical Approval: No

*Dress casual for skill practice

Course Purpose: This course prepares employees to take appropriate actions toward providing emergency Cardiopulmonary Resuscitation, rescue breathing and chokesaving to others until professional emergency responders arrive. In addition, it includes information on the signs and symptoms, treatment, and prevention of medical emergencies such as a heart attack, stroke, or other cardiovascular disorders. Finally, the course also teaches participants how to use an Automated External Defibrillator (AED).

Course Objectives:

After completing this training, participants will be able to:

- Identify signs and symptoms of cardiovascular illnesses that can be precursors to heart attacks.
- Identify conditions which can contribute to the potential for a heart attack.
- Perform CPR using a manikin
- Perform emergency response actions used to alert emergency responders
- Identify the actions to take to help someone who is choking
- Identify the steps for using an AED
- Identify the actions to take for rescue breathing

Course Instructional Materials:

- CPR Video: ASHI-CPR for the Community and Workplace
- Manikins (provided by CalSafe CPR)
- AED (provided by CalSafe CPR)

Vendors:

CalSafe CPR
Adam Cutter
415-847-3709

Contact EHS Training if you have questions

Training Compliance Requirements: 8CCR 3203 & 3400

Course Handouts: none

Participation Evaluation: Online evaluations regarding the effectiveness of the trainer, the training and the visual aids.

Written Exam: Yes

Practical Exam: No

Retraining/Recertification: Required every (2) years