



American Heart Assoc. CPR,  
Bloodborne Pathogens, First Aid,  
and AED Training

**Course Description:** This course provides comprehensive classroom and hands-on training in the basics of CPR and AED use. Participants will also gain an overview of common workplace injuries and their treatments, along with essential guidelines for staying protected against hazards from bodily fluids.

**Agenda:**

Welcome and Introduction

- Introduce the instructors and students
- Overview of course objectives and agenda
- Importance of CPR, AED, First Aid, and BBP training

1. CPR Training

- Basic Concepts of CPR
  - When and how to perform CPR
  - Recognizing cardiac arrest
- Adult CPR Practice
  - Hands-on practice with manikins
  - Chest compressions and rescue breathing

2. Automated External Defibrillator (AED)

- Introduction to AEDs
  - How AEDs work and their importance
- AED Operation and Safety
  - Steps to operate an AED
  - Safety considerations and voice prompts
- Hands-On Practice



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- Practicing AED use with manikins

### 3. Bloodborne Pathogens (BBP) Training

- Understanding Bloodborne Pathogens
  - What they are and examples
  - Modes of transmission
- Prevention and Protection
  - Proper hand hygiene
  - Use of personal protective equipment (PPE)
  - Exposure response and proper cleanup

### 4. First Aid Training

- Primary Survey and Scene Safety
  - Assessing the situation, ensuring scene safety
- Managing Common Medical Emergencies
  - Wound care and bleeding control
  - Managing burns, fractures, sprains, and strains
  - Recognizing and managing shock
  - Choking assistance techniques
- Environmental Emergencies
  - Heat stroke, hypothermia, and other weather-related emergencies
- Medical Conditions Overview
  - Asthma, allergies, diabetes, and seizure response