

Blended Learning: CPR—Adult

Purpose

The purpose of the *CPR—Adult* course is to train lay responders to overcome any reluctance to act in emergency situations and recognize and care for life-threatening respiratory or cardiac emergencies in adults.

Prerequisites

None

Learning Objectives

- Recognize an emergency situation.
- Identify how to respond correctly to an emergency.
- Identify the purpose of Good Samaritan Laws.
- Identify the difference between consent and implied consent.
- Identify standard precautions to reduce the risk of disease transmission during and after giving care.
- Identify how to check the scene for safety.
- Identify how to check an injured person for consciousness.
- Identify when and how to move an injured person from a dangerous scene.
- Identify when to call and how to interact with the emergency medical services (EMS) system.
- Identify how to prioritize care for life-threatening injuries or sudden illnesses.
- Identify how to check a conscious person for life-threatening and non-life-threatening conditions.
- Identify how to check an unconscious person.
- Recognize the signals and how to care for shock.
- Identify how to clear the airway of a conscious choking adult.
- Recognize the signals of a heart attack in an adult.
- Identify what care to give to a person who is having a cardiac emergency.
- Identify the steps for giving adult CPR.
- Identify the steps for clearing the airway of an unconscious choking adult.
- Demonstrate how to practice standard precautions to reduce the risk of disease transmission.
- Demonstrate how to clear the airway of a conscious choking adult.
- Demonstrate how to check an unconscious adult.
- Demonstrate how to give CPR to an adult.
- Demonstrate how to clear the airway of an unconscious choking adult.

Length

- Online Session: Approximately 1:45 hours
- Skills Practice and Assessment Session: Approximately 1 hour 35 minutes

Instructor

A currently authorized American Red Cross Lay Responder First Aid and CPR/AED, Emergency Response, Lifeguarding or CPR/AED for the Professional Rescuer program instructor.

Certification Requirement

- Complete the applicable online session.
- Correctly answer at least 80 percent of the questions of the final online exam.
- **Note:** *Participants must successfully complete the online session before beginning the skills Practice and Assessment Session.*
- Attend and participate in the skills practice and assessment session for the course.
- Demonstrate competency in all required skills listed on the Participant Progress Log in the instructor's manual.

Certificate Issued and Validity Period

CPR—Adult:: 1 year

Participant Products/Materials

- *First Aid/CPR/AED for Schools and the Community Participant's Manual* (StayWell Stock No. 652145); or
- *Adult CPR/AED Skills Card* (StayWell Stock No. 656691)

American Red Cross Universal Certificate