



AMERICAN SAFETY & HEALTH INSTITUTE

MEDIC First Aid



ADULT FIRST AID | CPR AED TRAINING

- ✓ 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 2020 American Heart Association (AHA) Guidelines Update for CPR and ECC and the annual Guidelines Update.

Course highlights

- Designed for individuals who are not healthcare providers or professional rescuers who desire, or are occupationally required, to be trained and certified in adult first aid and/or CPR AED for the adult, child, or infant.
- Scenario videos, full-color digital and printed materials, and clear, concise course content
- 2-year certification
- 4 - 6 hour class

Course topics include:

- CPR and Defibrillation
- Assessment & Chest Compressions
- Rescue Breathing & Using a CPR Mask
- Opioid-Associated Emergency
- Relief of Choking
- Responding to External and Internal Bleeding
- Direct Manual Pressure & Bandaging
- Using a Tourniquet (Improvised and Commercial)
- Shock
- Common Injuries
- Concussion
- Burns
- Poisoning
- Difficulty Breathing and Asthma
- Severe Allergic Reaction (Anaphylaxis)
- Heart Attack, Stroke and Seizure
- Diabetes and Hypoglycemia
- Heat and Cold Emergencies
- Bites and Stings



**NO FEE
FOR MEMBERS**
24 seat max per class!

FALL 2023:

NOV 6
(MON. 4-7PM)

NOV 7
(TUES. 4-7PM)

SOIFER Room
@ AFT CT in
Rocky Hill

*Must complete both
online & in-person
training for certification.
Snacks provided.
Dress comfortably!



Due to the popularity of this course, and the limited spaces available, we ask that you scan here to be placed on a waitlist. The first 24 registrants per class will be contacted shortly via email from Anna Mowrey (amowrey@aftct.org) to confirm their spot. If we have any cancellations between now and the course dates, we will contact the next person on the waitlist.

*These trainings will include **self-directed online lessons** followed by an **in-person, instructor-led session at AFT Connecticut.**

Participants will be contacted after registration with the information on how to complete the online portion of training.

