



# 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



**REGISTER TODAY!**

24 seat max per class!

**SPRING 2023:**

**MARCH 14**  
(TUES. 4-7PM)

**MARCH 16**  
(THURS. 4-7PM)

SOIFER Room  
@ AFT CT in  
Rocky Hill

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

\*These trainings will include a **self-directed online lesson** 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.

Register by emailing Anna Mowrey [[amowrey@aftct.org](mailto:amowrey@aftct.org)] with the following:

**Full Name, Email Address, Phone Number, Local & which in-person class (3/14 or 3/16)**

