



## WELLNESS SERVICES



### Cardiopulmonary Resuscitation (CPR)

#### **CPR - Heartsaver AED (Adult only - up to 2 hours of Instruction)**

This course includes key changes reflecting the new science from the 2015 American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care. The participant will learn how to recognize the signs of heart attack, stroke, cardiac arrest and airway obstruction. The participant will also learn how to use an AED and how to perform CPR on an Adult victim. **Participant will receive book and AHA completion card.**

##### **Online Option**

- Part 1 - Online Class: Through American Heart Association.....(30 min – 1 hour)
- Part 2 - Skills Testing with UnityPoint Health CPR Instruction.....(30 min – 1 hour)

#### **CPR - Heartsaver AED (Adult, child, infant - up to 3 hours of Instruction)**

This course includes key changes reflecting the new science from the 2015 American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care. This course includes how to recognize the signs of heart attack, stroke, cardiac arrest and airway obstruction. The participant will also learn how to use an AED and how to perform CPR on victims of all ages. **Participant will receive book and AHA completion card.**

##### **Online Option**

- Part 1 - Online Class: Through American Heart Association.....(30 min-1 hour)
- Part 2 - Skills Testing with UnityPoint Health CPR Instructor..... (up to 1 hour)

#### **CPR – Healthcare Provider (New - up to 4½ hours of Instruction)**

This course includes key changes reflecting the new science from the 2010 American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care. The course includes learning 1 and 2 rescuer CPR for Adult, child and infant victims, bag-mask technique and choking. **Participant will receive book and AHA completion card.**

#### **CPR – Healthcare Provider (Renew - up to 4 hours of Instruction)**

This course reviews key changes reflecting the new science from the 2010 American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care. This class is specifically for experienced healthcare providers who have prior CPR training and need recertification. **Participant will receive book and AHA completion card.**

##### **Online Option: CPR – Healthcare Provider / New/Renew**

- Part 1 - Online Class: Through American Heart Association.....(1-2 hours)
- Part 2 - Skills Testing with UnityPoint Health CPR Instructor.....(up to 1 hour)

(Continued on Page 2)



## WELLNESS SERVICES

### Heartsaver First Aid



#### Required Modules – up to 3 hours of Instruction

- General Principles (safety issues, phoning for help, assessing the victim)
- Medical Emergencies (chest pain/heart attack, fainting, diabetes and low blood sugar, stroke, seizure)
- Injury Emergencies (bleeding you can see, shock and bleeding you can't see, head and spine injury, bone/muscle/joint injuries, burns, electrical injuries)
- Environmental Emergencies (bites and stings, temperature-related emergencies, poisonings)

**Participant will receive AHA completion card.**

#### Required First Aid Modules + Heartsaver CPR AED – up to 5 hours of Instruction

This course includes required modules of Heartsaver First Aid and learning to perform Adult CPR with AED use. **Participant will receive book and AHA completion card.**

#### Required First Aid Modules + Heartsaver Adult/Child/Infant CPR AED - up to 6 hours of Instruction

This course includes required modules of Heartsaver First Aid and learning to perform Adult CPR with AED use. **Participant will receive book and AHA completion card.**

#### **Online Option:**

##### **Heartsaver First Aid**

- Part 1 - Online Class: Through American Heart Association.....(up to 2 hours)
- Part 2 - Skills Testing with UnityPoint Health CPR Instructor.....(up to 1 hour)

##### **Heartsaver First Aid online with Adult/Child/Infant CPR & AED**

- Part 1 - Online Class: Through American Heart Association..... (2-3 hours)
- Part 2 - Skills Testing with UnityPoint Health CPR Instructor.....(up to 2 hours)