



Skills Session Outlines for Blended Learning Courses

Adult First Aid/CPR/AED	Total Time: 1 hour, 20 minutes
Skill Session 1: Before Giving Care and Checking an Injured or Ill Person	15 minutes
Skill Session 2: Cardiac Emergencies and CPR	25 minutes
Skill Session 3: AED	15 minutes
Skill Session 4: Breathing Emergencies	10 minutes
Skill Session 5: Soft Tissue Injuries	10 minutes
Skill Session 6: Conclusion	5 minutes

Adult and Pediatric First Aid/CPR/AED	Total Time: 1 hour, 35 minutes
Skill Session 1: Before Giving Care and Checking an Injured or Ill Person	20 minutes
Skill Session 2: Cardiac Emergencies and CPR	30 minutes
Skill Session 3: AED	15 minutes
Skill Session 4: Breathing Emergencies	15 minutes
Skill Session 5: Soft Tissue Injuries	10 minutes
Skill Session 6: Conclusion	5 minutes

Pediatric First Aid/CPR/AED	Total Time: 1 hour, 35 minutes
Skill Session 1: Before Giving Care and Checking an Injured or Ill Person	20 minutes
Skill Session 2: Cardiac Emergencies and CPR	30 minutes
Skill Session 3: AED	15 minutes
Skill Session 4: Breathing Emergencies	15 minutes
Skill Session 5: Soft Tissue Injuries	10 minutes
Skill Session 6: Conclusion	5 minutes

Adult CPR/AED	Total Time: 1 hour, 10 minutes
Skill Session 1: Before Giving Care and Checking an Injured or Ill Person	15 minutes
Skill Session 2: Cardiac Emergencies and CPR	25 minutes
Skill Session 3: AED	15 minutes
Skill Session 4: Breathing Emergencies	10 minutes

Skill Session 6: Conclusion	5 minutes
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Adult and Pediatric CPR/AED	Total Time: 1 hour, 25 minutes
Skill Session 1: Before Giving Care and Checking an Injured or Ill Person	20 minutes
Skill Session 2: Cardiac Emergencies and CPR	30 minutes
Skill Session 3: AED	15 minutes
Skill Session 4: Breathing Emergencies	15 minutes
Skill Session 6: Conclusion	5 minutes

Pediatric CPR/AED	Total Time: 1 hour, 25 minutes
Skill Session 1: Before Giving Care and Checking an Injured or Ill Person	20 minutes
Skill Session 2: Cardiac Emergencies and CPR	30 minutes
Skill Session 3: AED	15 minutes
Skill Session 4: Breathing Emergencies	15 minutes
Skill Session 6: Conclusion	5 minutes

First Aid	Total Time: 35 minutes
Skill Session 1: Before Giving Care and Checking an Injured or Ill Person	20 minutes
Skill Session 5: Soft Tissue Injuries	10 minutes
Skill Session 6: Conclusion	5 minutes