

# 2020 Guidelines Heartsaver® Courses Instructor-Led Training (ILT) FAQ



*As of February 25, 2021*

## Heartsaver First Aid CPR AED ILT Course Questions

### **Q: What are the AHA's Heartsaver First Aid CPR AED Courses?**

**A:** Reflecting the latest science and education from the 2020 AHA Guidelines for CPR and Emergency Cardiovascular Care (ECC), the AHA's Heartsaver First Aid CPR AED Courses provide students the highest quality training in the lifesaving skills of first aid and/or CPR and use of an AED. These courses empower students to act with confidence in the event of an emergency at work, home, or in the community.

With online, onsite, and classroom training\*, these courses offer flexibility for Training Centers, Instructors, and students to select the appropriate training solution to fit their needs.

\*Training options may vary by Training Center.

Within this course, the following combinations can be taught:

- First Aid
- First Aid, Adult CPR AED
- First Aid, Adult CPR AED, Child CPR AED
- First Aid, Adult CPR AED, Infant CPR
- First Aid, Adult CPR AED, Child CPR AED, Infant CPR
- Adult CPR AED
- Adult CPR AED, Child CPR AED
- Adult CPR AED, Infant CPR
- Adult CPR AED, Child CPR AED, Infant CPR

Courses include: Heartsaver First Aid CPR AED, Heartsaver CPR AED and Heartsaver First Aid.

### **Q: What will students learn in this course?**

**A:** After successfully completing this course, students should be able to

#### **CPR AED**

- Describe how high-quality CPR improves survival
- Explain the concept of the Chain of Survival
- Recognize when someone needs CPR
- Describe how to perform CPR with help from others
- Demonstrate giving effective breaths by using mouth to mouth or a mask for all ages
- Demonstrate performing high-quality CPR for an adult, a child, and an infant
- Demonstrate using an AED on an adult and on a child
- Describe when and how to help a choking adult or child
- Demonstrate how to help a choking infant

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## First Aid

- List the priorities, roles, and responsibilities of first aid rescuers
- Describe the key steps in first aid
- Demonstrate removing protective gloves
- Demonstrate finding the problem
- Describe the assessment and first aid actions for these life-threatening conditions: heart attack, difficulty breathing, choking, severe bleeding, shock, and stroke
- Describe when and how to help a choking adult, child, or infant
- Demonstrate how to help a choking infant
- Demonstrate how to use an epinephrine pen
- Demonstrate how to control bleeding and apply bandaging
- Recognize elements of common illnesses and injuries
- Describe the benefits of living a healthy lifestyle and the risks of smoking and vaping
- Describe how to find information on preventing illness and injury
- Recognize the legal questions that apply to first aid rescuers

NOTE: Course objectives vary based on the course topics taught.

**Q: What are the key differences between the 2015 Guidelines and 2020 Guidelines versions of the Heartsaver First Aid CPR AED Courses?**

**A:** The new course includes the following changes:

### Course Structure:

Heartsaver First Aid CPR AED now offers the flexibility of optional course paths, which allows Instructors to customize the content to meet the needs of students while ensuring consistency among all Heartsaver courses. For students who must take both CPR AED and first aid, the AHA has designed course paths to address their specific needs. Students should check with their respective agencies to ensure these course paths fulfill their requirements. See the full course topic list by course path at [CPR.Heart.org](http://CPR.Heart.org) and the AHA Instructor Network.

- **Heartsaver** – This shortened and targeted version of the course focuses on core curriculum and skills to put students on a fast track to refresh their skills. It is designed to be flexible for students who need to review only specific topics to meet course requirements to obtain a course completion card. However, it is not regulatory or Occupational Safety and Health Administration (OSHA) compliant.
- **Heartsaver Total** – This comprehensive curriculum is designed to meet licensing requirements for OSHA and other regulatory agencies.
- **Office** – This sample profession-based course path for that is appropriate for office employees.
- **Educator** – This sample profession-based course path designed for teachers, administrators, bus drivers, daycare employees, and other professionals working in school settings. Note: Heartsaver Pediatric First Aid CPR AED is also a course option for childcare professionals.

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## 2020 Guidelines Updates:

- Chain of Survival - A sixth link, Recovery, was added to the out-of-hospital adult and pediatric Chains of Survival.
- Opioid Overdose Response for Lay Rescuers - If a person is unresponsive and not breathing normally, and you suspect that the person has had an opioid overdose, phone 9-1-1. Get an AED and naloxone, if they are available.
- High quality CPR cardiac arrest in pregnancy - Do not delay providing chest compressions for a pregnant woman in cardiac arrest and use an AED as soon as one is available.
- 2 thumb-encircling hands technique for infant compression - A single rescuer may now use 2 thumbs or the heel of 1 hand for infant compressions to achieve appropriate compression depth.
- Removal of clothing during CPR and while using an AED - Quickly move bulky clothes out of the way. If a person's clothes are difficult to remove, you can still provide compressions over clothing. If an AED becomes available, remove all clothes that cover the chest. AED pads must not be placed over any clothing.
- Removal of jewelry - Not necessary to remove jewelry if it does not interfere with AED placement
- Stroke recognition update - To recognize a possible stroke, first aid providers can use the signs of weakness in the face, arm, or leg, on one side of the body, or speech disturbance and should activate emergency medical services as quickly as possible if any of these signs are present.
- Aspirin for adults with nontraumatic chest pain - While awaiting the arrival of emergency services, first aid providers may encourage alert adults experiencing nontraumatic chest pain to chew and swallow aspirin, unless the person experiencing pain has a known aspirin allergy or has been advised by a healthcare provider not to take aspirin.
- Control of life-threatening bleeding
  - A manufactured tourniquet should be used as first-line therapy for life-threatening extremity bleeding and should be placed as soon as possible after the injury.
  - If a manufactured tourniquet is not immediately available or if a properly applied manufactured tourniquet fails to stop bleeding, direct manual pressure, with the use of a hemostatic dressing if available, should be used to treat life-threatening extremity bleeding.
  - For individuals with life-threatening external bleeding, direct manual pressure should be applied to achieve initial bleeding cessation for wounds not amenable to a manufactured tourniquet or when a manufactured tourniquet is not immediately available.
  - If a hemostatic dressing is available, it can be useful as adjunctive therapy to direct manual pressure for the treatment of life-threatening external bleeding.
  - If a manufactured tourniquet is not available and direct manual pressure with or without the use of a hemostatic dressing fails to stop life-threatening bleeding, a first aid provider trained in the use of an improvised tourniquet may consider using one.
  - If a wound is not on an extremity a first aid provider may pack the wound with gauze and apply pressure to stop the bleeding.
- Hypoglycemia - For an individual with suspected hypoglycemia who is awake and able to swallow, the first aid provider should encourage the individual to swallow oral glucose. A slurry of sugar and water can be placed under the tongue of a child who is unwilling or unable to swallow.

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- Cooling techniques for exertional hyperthermia and heat stroke for adults and children
  - First aid providers should move the individual from the hot environment, remove excess clothing, limit exertion, and activate emergency services.
  - It is reasonable to initiate immediate active cooling by using whole-body (neck-down) cool-to-cold water-immersion techniques (1-26°C [33.8-78.8°F]), when safe, until a core body temperature of less than 39°C (102.2°F) is reached or neurologic symptoms resolve.
  - It may be reasonable to initiate other forms of active cooling, including commercial ice packs, cold showers, ice sheets and towels, cooling vests and jackets, fanning, or a combination of techniques when water immersion is not available.
- Dental avulsion - If an avulsed permanent tooth cannot be immediately replanted, it can be beneficial to place the tooth in Hanks' Balanced Salt Solution or in oral rehydration salt solutions or wrap the tooth in cling film to prevent dehydration and improve the likelihood of successful replantation by a dental professional, which should be done as soon as possible. If those items are unavailable, storage of the tooth in cow's milk or saliva may be considered. An avulsed permanent tooth should not be stored in tap water.

## Education Updates:

- Deliberate practice and mastery: Incorporating a deliberate practice and mastery learning model into basic or advanced life support courses may be considered for improving skill acquisition and performance.
- Lay rescuer training
  - A combination of self-instruction and instructor-led teaching with hands-on training is recommended as an alternative to instructor-led courses for lay rescuers. If instructor-led training is not available, self-directed training is recommended for lay rescuers.
  - It is recommended to train middle school- and high school-aged children in how to perform high-quality CPR.
- Opioid overdose training for lay rescuers - It is reasonable for lay rescuers to receive training in responding to opioid overdose, including provision of naloxone.
- Disparities in education
  - It is reasonable to address barriers to bystander CPR for female victims through educational training and public awareness efforts.
- Willingness to perform bystander CPR
  - It is reasonable to increase bystander willingness to perform CPR through CPR training, mass CPR training, CPR awareness initiatives, and promotion of Hands-Only CPR.

## New/Updated Course Content:

Several additional or revised topics are included to educate students on some of the major health issues in our communities. These include:

- Smoking and vaping
- Opioid overdose
- Benefits of a healthy lifestyle

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The AHA also partnered with the national Stop The Bleed® campaign to provide students with comprehensive training on external bleeding.

**Q: What are the course completion requirements for the Heartsaver First Aid CPR AED Courses?**

**A:** To successfully complete a Heartsaver course and earn a Heartsaver course completion card, students must successfully complete the course curriculum and pass the following skills tests for the Heartsaver course or path that they are taking:

**Heartsaver First Aid CPR AED Course**

*Heartsaver Course Path*

- Adult CPR and AED Skills Test
- Child CPR Skills Test (if teaching Child CPR)
- Infant CPR Skills Test (if teaching Infant CPR)
- First Aid Skills Test

*Heartsaver Total Course Path*

- Adult CPR and AED Skills Test
- Child CPR Skills Test (if teaching Child CPR)
- Infant CPR Skills Test (if teaching Infant CPR)
- First Aid Skills Test

*Office Course Path*

- Adult CPR and AED Skills Test
- Child CPR Skills Test (if teaching Child CPR)
- Infant CPR Skills Test (if teaching Infant CPR)
- First Aid Skills Test

*Educator Course Path*

- Adult CPR and AED Skills Test
- Child CPR Skills Test
- Infant CPR Skills Test (if teaching Infant CPR)
- First Aid Skills Test

**Heartsaver CPR AED Course**

- Adult CPR and AED Skills Test
- Child CPR Skills Test (if teaching Child CPR)
- Infant CPR Skills Test (if teaching Infant CPR)

**Heartsaver First Aid Course**

- First Aid Skills Test

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**Q: Is there a renewal version of this course?**

A: No.

## Heartsaver Target Audience

**Q: Who is the intended audience for Heartsaver courses?**

A: The AHA's Heartsaver courses are designed for anyone with little or no medical training who needs first aid and/or CPR training and a course completion card for job, regulatory (e.g., OSHA), or other regulatory or licensing requirements. Heartsaver courses can also be taken by anyone who wants to be prepared to act in an emergency.

## Course Materials

**Q: What materials are available for the Heartsaver First Aid CPR AED Courses?**

A: Materials for these courses are currently available through [ShopCPR](#) or [WorldPoint](#) (for some AHA Training Centers). Materials include:

### *Student Materials:*

- 20-1126 Heartsaver First Aid CPR AED Student Workbook (includes Heartsaver First Aid CPR AED Reference Guide, product 20-1131)
- 20-3117 Heartsaver First Aid CPR AED Student Workbook eBook (includes Heartsaver First Aid CPR AED Digital Reference Guide, product 20-3118)
- 20-1129 Heartsaver CPR AED Student Workbook (includes Heartsaver First Aid CPR AED Reference Guide, product 20-1131)
- 20-3116 Heartsaver CPR AED Student Workbook eBook (includes Heartsaver First Aid CPR AED Digital Reference Guide, product 20-3118)
- 20-1128 Heartsaver First Aid Student Workbook (includes Heartsaver First Aid CPR AED Reference Guide, product 20-1131)
- 20-3115 Heartsaver First Aid Student Workbook eBook (includes Heartsaver First Aid CPR AED Digital Reference Guide, product 20-3118)

### *Instructor Materials*

- 20-1130 Heartsaver First Aid CPR AED Instructor Manual
- 20-3114 Heartsaver First Aid CPR AED Instructor Manual eBook
- 20-1123 Heartsaver First Aid CPR AED Course DVD Set (2-disc)
- 20-1147 Heartsaver First Aid CPR AED Course Videos on USB Drive
- 20-1429 Heartsaver First Aid CPR AED Digital Course Videos

### *Cards*

- 20-3002 Heartsaver First Aid CPR AED eCard
- 20-3004 Heartsaver CPR AED eCard
- 20-3005 Heartsaver First Aid eCard

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- 20-3011 Heartsaver for K-12 Schools eCard
- 20-2819 Heartsaver for K-12 Schools Card (24 pack)
- 20-2812 Heartsaver First Aid CPR AED Card (24 pack)

## *Supplemental Materials*

- 20-1127 Heartsaver First Aid Reference Guide
- 20-3118 Heartsaver First Aid Digital Reference Guide
- 20-1143 Heartsaver Adult CPR AED Wallet Card (100-pack)
- 20-1144 Heartsaver Child & Infant CPR AED Wallet Card (100-pack)
- 20-1145 Heartsaver Child & Infant Choking Wallet Card (100-pack)
- 20-1146 Heartsaver Poster Pack (12-pack)

## Course Length

### **Q: How long are the Heartsaver First Aid CPR AED ILT courses?**

**A:** Approximate times for each version of the Heartsaver Courses are listed below (does not include optional topics or breaks):

- Heartsaver First Aid CPR AED – Heartsaver course path (2 ¼ hours)
- Heartsaver First Aid CPR AED – Heartsaver Total course path (3 ½ hours)
- Heartsaver First Aid CPR AED – Office course path (2 ½ hours)
- Heartsaver First Aid CPR AED – Educator course path (3 hours)
- Heartsaver CPR AED (1 ½ hours)
- Heartsaver First Aid (2 hours)

## Teaching Heartsaver First Aid CPR AED ILT Courses

### **Q: Who can teach these courses?**

**A:** 2020 Guidelines Heartsaver courses may be taught by AHA BLS and Heartsaver Instructors who have completed their required 2020 Guidelines Instructor Update for Heartsaver and have received and reviewed their 2020 Guidelines Heartsaver Instructor materials.

### **Q: What resources are available to help Instructors understand the Heartsaver course options and materials?**

**A:** The AHA developed the Heartsaver Product & Course Orientation (P&CO) to help BLS and Heartsaver Instructors understand the new, 2020 Guidelines Heartsaver course design and teaching strategies, and to quickly get up to speed on the latest and most important updates to the Heartsaver course materials. This orientation is available free of charge to Instructors through [eLearning.Heart.org](https://www.heart.org/aha-programs/aha-instructor-network) (requires login with AHA Instructor Network credentials).

The P&CO provides BLS and Heartsaver Instructors

- Information about new course materials, course curriculum updates, and how the changes impact the way you will teach the Heartsaver courses

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- Details, clarification, and direction on various course formats
- Specifics about new Heartsaver course materials
- Steps to incorporate new updates into various course settings

While all BLS and Heartsaver Instructors are strongly encouraged to complete the P&CO before teaching the new course, it is not required. Viewing the P&CO is most helpful if Instructors have new course materials in-hand while viewing.

Additional course materials can be accessed at the AHA Instructor Network Heartsaver page.

## 2020 Heartsaver Exam

**Q: Does the AHA require completion of an exam for Heartsaver courses?**

**A:** No, the AHA does not require completion of an exam for Heartsaver courses. However, the AHA offers an exam for those students whose workplaces or regulatory agencies require the completion of an exam. Before class, Instructors should determine which students need to take the Heartsaver exam. The exam will need to cover all the sections taught in the course.

**Q: Are students allowed to access resources when taking the Heartsaver Exam?**

**A:** The AHA has adopted an open-resource policy for exams. Open resource means that students may use resources as a reference while completing the exam. Resources could include the student workbook, either in printed form or as an eBook on personal devices, any notes the student took during the provider course, the AHA Guidelines for CPR and ECC, etc. Open resource does not mean open discussion with other students or the Instructor. Students may not interact with each other during the exam.

## Continuing Education (CE) Information

**Q: Does the Heartsaver First Aid CPR AED ILT Course offer continuing education (CE)?**

**A:** No.