FAMILY & FRIENDS®

CPR

CARDIOPULMONARY RESUSCITATION

COURSE AGENDA

With Optional Lessons Included

10 Minutes	Introduction - 10 minutes
8 Minutes	Life Is Why™ (Optional) - 8 minutes
25 Minutes	Adult Hands-Only CPR and AED - 25 minutes
12 Minutes	Adult CPR With Breaths (Optional) 12 minutes
7 Minutes	Mild and Severe Airway Block: How to Help a Choking Adult (Optional) - 7 minutes
10 Minutes	Break - 10 minutes
20 Minutes	Child CPR and AED (Optional) - 20 minutes
5 Minutes	Mild and Severe Airway Block: How to Help a Choking Child (Optional) - 5 minutes
18 Minutes	Infant CPR (Optional) - 18 minutes
2 Minutes	Mild and Severe Airway Block: How to Help a Choking Infant (Optional) - 2 minutes

American Heart Association®

life is why™

© 2016 American Heart Association DS11331 9/16