



2020

**CPR & ECC
GUIDELINES**

Certificate

Christine Gardner

has successfully completed
Heartsaver Total –
Heartsaver® First Aid CPR AED Online

Congratulations on learning lifesaving skills with the American Heart Association. Hands-on skills practice and testing, conducted by an authorized AHA BLS or Heartsaver Instructor, is required to receive a Heartsaver First Aid CPR AED course completion card.

For greater success, it is recommended the hands-on skills session be conducted shortly after completing the online portion. Please take this certificate with you to your hands-on skills session.

*This certificate does not constitute successful completion of the full
Heartsaver Total – Heartsaver First Aid CPR AED Course.*

Topics Included

Survivor Story
Hands-Only CPR
Adult CPR, AED, and Choking Relief
Drug Overdose
Water Safety
Key Steps of First Aid (Finding the Problem*)
Precautions (Exposure to Blood & Removing
Gloves*)
Breathing Problems (Asthma)
Allergic Reactions (Using an Epinephrine Pen*)
Heart Attack
Fainting
Diabetes and Low Blood Sugar
Stroke
Seizures
External Bleeding* (Direct Pressure and Bandaging
& Tourniquets)

Shock
Wounds (Eye, Nose, and Tooth Injuries)
Penetrating and Puncturing Injuries
Amputation
Internal Bleeding
Head, Neck, and Spinal Injuries
Broken Bones and Sprains
Burns and Electrical Injuries
Bites and Stings
Heat-Related Emergencies
Cold-Related Emergencies
Poison Emergencies
Risks of Smoking/Vaping
Benefits of Healthy Lifestyle

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Certificate Number

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Date Completed