

INVEST IN EMPLOYEE SAFETY AND WELLNESS PROGRAMS

The American Heart Association offers several workplace wellness programs for employees who do not need a course completion card. Any of these programs can easily fit into your next staff meeting, "lunch & learn," or other company event.

FAMILY & FRIENDS™ CPR

This video and instructor-led program can be conducted in 1–2.5 hours depending on which modules are taught. The program contains information on how to perform the basic skills of CPR in adults, children, and infants and how to help an adult, child, or infant who is choking. It also includes an introduction to AEDs.

FAMILY & FRIENDS™ CPR ANYTIME™

This revolutionary personal learning program teaches the core skills of CPR in 22 minutes using a personal CPR kit. The kit contains everything needed to learn basic CPR: an inflatable CPR manikin, a CPR skills practice DVD and other accessories. Offer the kit to employees to take home to their families, or conduct company-wide CPR training with the kits.

INFANT CPR ANYTIME™

The infant version of Family & Friends CPR Anytime teaches the core skills of infant CPR and relief of choking in just 22 minutes using a personal infant CPR kit. Perfect for new or expectant parents, grandparents and others.

FAMILY & FRIENDS™ FIRST AID FOR CHILDREN

This 45-minute video-based program features information on how to manage illness and injuries in a child for the first few minutes until professional help arrives. The program also includes important information on child safety and preventing injuries.



TO PURCHASE TRAINING MATERIALS PLEASE CONTACT ONE OF THE FOLLOWING DISTRIBUTORS:

CHANNING BETE
COMPANY

PHONE: 800-611-6083 | aha.channing-bete.com

LAERDAL MEDICAL
CORPORATION

PHONE: 888-562-4242 | laerdal.com

WORLDPOINT
ECC, INC.

PHONE: 888-322-8350 | eworldpoint.com

American Heart
Association 
Learn and Live®



WHEN LIVES ARE AT STAKE,
DON'T SETTLE FOR LESS THAN

AMERICAN HEART ASSOCIATION TRAINING



WORKPLACE HEALTH & SAFETY
COURSES OVERVIEW

WHATEVER YOUR SPECIFIC TRAINING NEEDS **IN OR OUT**
OF THE CLASSROOM, THE AMERICAN HEART ASSOCIATION
HAS A SOLUTION TO GET YOUR WORKPLACE TRAINED TO SAVE.

We offer a full, flexible line of both traditional classroom courses and “blended learning” courses in CPR, AED, and first aid. While classroom-based training features group interaction and coaching from an instructor in a classroom setting, blended learning includes a self-directed portion followed by a hands-on session and/or test with an American Heart Association instructor.

All American Heart Association courses reflect the most current resuscitation and first aid science from the 2005 American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care, and incorporate our research-proven practice-while-watching (PWW) method of instruction for CPR, which improves student learning and retention.



COURSE TYPE:	CPR	CPR, AED		FIRST AID		FIRST AID, CPR, AED		PEDIATRIC FIRST AID
DELIVERY FORMAT	TRADITIONAL	TRADITIONAL	BLENDED	TRADITIONAL	BLENDED	TRADITIONAL	BLENDED	TRADITIONAL
COURSE NAME	Heartsaver® CPR	Heartsaver® AED	Heartsaver® AED Anytime™	Heartsaver® First Aid	Heartsaver® First Aid Online	Heartsaver® First Aid With CPR & AED	Heartsaver® First Aid Online With CPR & AED Renewal	Heartsaver® Pediatric First Aid
CONTENT TAUGHT	Adult/Child CPR Adult/Child Choking Optional: Infant CPR and Choking Adult/Child CPR With Mask Infant CPR With Mask	Adult/Child CPR With Mask Adult/Child Choking Adult/Child AED Optional: Infant CPR With Mask Infant Choking	Adult/Child CPR With Mask Adult/Child AED	Adult First Aid Optional: Environmental Emergencies	Adult First Aid Environmental Emergencies	Adult First Aid Adult/Child CPR With Mask Adult/Child AED Optional: Environmental Emergencies Infant CPR With Mask	Adult First Aid Environmental Emergencies Adult CPR (renewal) Adult AED (renewal)	Pediatric First Aid Asthma Care Training for Child Care Providers Adult/Child CPR With Mask Adult/Child AED Optional: Optional Pediatric First Aid Topics Infant CPR With Mask
COURSE DELIVERY	Instructor and Video	Instructor and Video	Kit: DVD, CD-ROM, and Personal Manikin	Instructor and Video	Internet	Instructor and Video	Internet	Instructor and Video
SKILLS PRACTICE/TESTING	Skills testing with AHA Instructor during course	Skills testing with AHA Instructor during course	Skills Test with AHA Instructor	Skills practice with AHA Instructor during course	Skills Practice Session with AHA Instructor	Skills practice (first aid) and skills testing (CPR & AED) with AHA Instructor during course	Skills Practice Session (first aid) and Skills Test (CPR & AED) with AHA Instructor	Skills practice (first aid) and skills testing (CPR & AED) with AHA Instructor during course
APPROXIMATE TIME	2–3 hours	2.5–3.5 hours	2 hours self-directed; 30 minutes for skills test	3.5 hours	1–2 hours online; 30 minutes for skills session	6.5–7.5 hours	2.5 hours online; 45 minutes for skills session and test	6.5–7.5 hours
KEY FEATURES AND BENEFITS	•Modular format creates course flexibility •Ideal for learners who prefer group interaction and feedback from an instructor while learning skills •Each student receives the highest quality course materials to supplement their learning •Student CD-ROM (included with student workbook) includes additional information on CPR that students can reference after the course	•Modular format creates course flexibility •Ideal for learners who prefer group interaction and feedback from an instructor while learning skills •Each student receives the highest quality course materials to supplement their learning •Student CD-ROM (included with student workbook) includes additional information on CPR and AED that students can reference after the course	•Self-directed portion can be completed at home or work •Can be completed in less time than a traditional course •Self-paced •Kit makes it convenient for employees to refresh CPR and AED skills often •Kit can be shared with employee’s family members •CD-ROM teaches AED knowledge through micro-simulation scenarios, video clips, and interactive activities •CD-ROM can be tailored to different workplace environments •Includes Heartsaver AED Student Workbook to supplement student learning	•Modular format creates course flexibility •Ideal for learners who prefer group interaction and feedback from an instructor while learning skills •Each student receives the highest quality course materials to supplement their learning •Student CD-ROM (included with student workbook) includes additional information that students can reference after the course	•Accessible online •Online portion can be completed at home or work •Can be completed in less time than a traditional course •Self-paced •One-on-one practice with AHA Instructor allows student to maximize comfort with skills •Convenient refresher for up to 6 months	•Modular format creates course flexibility •Ideal for learners who prefer group interaction and feedback from an instructor while learning skills •Each student receives the highest quality course materials to supplement their learning •Student CD-ROM (included with student workbook) includes additional information on CPR, AED, and first aid that students can reference after the course	•Accessible online •Online portion can be completed at home or work •Can be completed in less time than a traditional course •Self-paced •One-on-one practice with AHA Instructor allows student to maximize comfort with skills •Convenient refresher for up to 6 months	•Designed to meet the specific needs of daycare providers in all 50 states •Modular format creates course flexibility •Ideal for learners who prefer group interaction and feedback from an instructor while learning skills •Each student receives the highest quality course materials to supplement their learning •Student CD-ROM (included with student workbook) includes additional information on CPR, AED, and first aid that students can reference after the course

