

2015 Guidelines Heartsaver[®] First Aid CPR AED Blended Learning FAQ



CPR & Emergency Cardiovascular Care

As of September 28, 2016

Q: What are the Heartsaver First Aid and CPR AED Blended Learning Courses?

A: The AHA's Heartsaver First Aid and CPR AED Blended Learning Courses have been updated to reflect new science in the *2015 AHA Guidelines Update for CPR and Emergency Cardiovascular Care*.

Heartsaver First Aid and CPR AED eLearning Courses are the online portion of blended learning course delivery, and are designed teach cognitive knowledge to adequately prepare students for hands-on practice and testing of first aid, CPR, and AED skills. New eLearning courses include:

- Heartsaver First Aid CPR AED Online
- Heartsaver CPR AED Online
- Heartsaver First Aid Online

Heartsaver First Aid and CPR AED Blended Learning Courses are provide flexibility in training delivery for students, employers, and AHA Instructors and can be a convenient alternative to Heartsaver Instructor-Led Training.

Q: What is blended learning?

A: Blended learning uses online technology not only to supplement but also to transform and improve the learning process. Successful blended learning can reach students with varying learning styles and in different environments. It is a combination of eLearning, in which a student completes part of the course in a self-directed manner, followed by a hands-on session with an Instructor.

Q: Specifically, what content is taught in the Heartsaver First Aid and CPR AED Courses?

A: At the end of the Heartsaver CPR AED Course, students will be able to:

- Describe how high-quality CPR improves survival
- Explain the concepts of the Chain of Survival
- Recognize when someone needs CPR
- Perform high-quality CPR for an adult
- Describe how to perform CPR with help from others
- Give effective breaths by using mouth-to-mouth or a mask for all age groups
- Demonstrate how to use an AED on an adult
- Perform high-quality CPR for a child*
- Demonstrate how to use an AED on a child*
- Perform high-quality CPR for an infant*
- Describe when and how to help a choking adult or child
- Demonstrate how to help a choking infant*

*Child and infant modules are optional.

At the end of the Heartsaver First Aid Course, students will be able to

- List the priorities, roles, and responsibilities of first aid rescuers
- Describe the key steps in first aid
- Remove protective gloves
- Find the problem
- Describe the assessment and first aid actions for the following life-threatening conditions: heart attack, difficulty breathing, choking, severe bleeding, shock, and stroke
- Use an epinephrine pen
- Control bleeding and bandaging

2015 Guidelines Heartsaver[®] First Aid CPR AED Blended Learning FAQ



CPR & Emergency Cardiovascular Care

- Recognize elements of common injuries
- Recognize elements of common illnesses
- Describe how to find information on preventing illness and injury
- Recognize the legal questions that apply to first aid rescuers

At the end of the Heartsaver First Aid CPR AED Course, students will be able to do all of the above.

Target Audience

Q: Who is the target audience for the Heartsaver First Aid and CPR AED Blended Learning Courses?

A: Heartsaver courses are designed for anyone with little or no medical training who needs a course completion card for job, regulatory (e.g., OSHA), or other requirements. These courses can also be taken by anyone who wants to be prepared for an emergency in any setting.

Course Format

Q: What is the format for these programs?

A: Heartsaver First Aid and CPR AED eLearning Courses use a variety of eLearning assets such as dramatizations, animations, self-directed learning, and interactive activities to teach students first aid, CPR, and AED knowledge. The online portion of Heartsaver blended learning programs contain required exercises which must be completed before the student can receive a certificate of completion.

After completing the online portion, students will attend a structured, Instructor-led, hands-on session that focuses on meaningful coaching, skills practice, and skills testing.

Course Length

Q: How long does it take to complete the online portion of the Heartsaver blended learning courses?

A: Depending on the student's experience, approximate times for each online portion are listed below:

- Heartsaver First Aid Online: Approximately 3.5 hours
- Heartsaver CPR AED Online: Approximately 1 hour, 45 minutes
- Heartsaver First Aid CPR AED (includes child/infant CPR AED): Approximately 4 hours, 45 minutes

Q: What is the length of the Heartsaver blended learning Instructor-led hands-on session?

A: Following the sample agenda included in the *Heartsaver First Aid CPR AED Instructor Manual*, the time for the Heartsaver First Aid CPR AED hands-on session is approximately 2 ½ hours, with optional lessons included. The hands-on session for Heartsaver First Aid is approximately 30 minutes, and the hands-on session for Heartsaver CPR AED is approximately 45-90 minutes (45 minutes if teaching only Adult CPR AED).

Course Completion Requirements

Q: Does successful completion of a Heartsaver blended learning programs result in receipt of an AHA course completion card? If so, what card?

A: Upon successful completion of the full blended learning course (online program, followed by hands-on session), students will receive a Heartsaver course completion card. Each card is valid for two years. The table below indicates the card received for each program:

2015 Guidelines Heartsaver[®] First Aid CPR AED Blended Learning FAQ



CPR & Emergency Cardiovascular Care

Course	Card Received
Heartsaver First Aid Online	Heartsaver First Aid (print or eCard)
Heartsaver CPR AED Online	Heartsaver CPR AED (print or eCard)
Heartsaver First Aid CPR AED Online	Heartsaver First Aid CPR AED (print or eCard)

Q: Is there a written test that must be completed for the Heartsaver blended learning courses?

A: The AHA does not mandate completion of a written test for Heartsaver courses; however, an optional written test has been developed for Instructors to administer to students whose employers require completion of a written test. This test can be obtained by Training Center Coordinators at Seconds Count.

Instructors who need to issue the Heartsaver optional written test should issue it to students during the hands-on session of the course.

Q: Is a skills session/test required?

A: A hands-on skills practice session for first aid, CPR, and AED, and a skills test for CPR and AED skills are required. During the skills practice session, students have the opportunity for one-on-one time with an AHA instructor to ask questions, receive feedback, and gain confidence performing skills. A CPR and AED skills test with the instructor is the final step to earning a Heartsaver First Aid with CPR & AED Course Completion Card.

Heartsaver First Aid and CPR AED Online Portions Certificate of Completion

Q: What is required for student entry into a Heartsaver First Aid and CPR AED hands-on session?

A: Upon successful completion of the online portion, students receive a certificate of completion, which they must present for entry into an Instructor-led hands-on session.

Q: How can BLS and Heartsaver Instructors verify the authenticity of Heartsaver First Aid and CPR AED online portion certificates of completion?

A: Instructors can verify certificates at <https://elearning.heart.org/verifycertificate>.

Online Portion Features

Q: What are some of the unique features of the Heartsaver blended learning programs?

A: Following are features of the Heartsaver First Aid and CPR AED online programs:

- Students have the convenience of completing the course at their own pace at work, home, or wherever Internet access is available
- Can be used for initial or renewal training
- Includes interactive exercises and videos to engage students and provide periodic points of knowledge transference
- Certificate of completion available to print when the online portion has been completed successfully
- Students have access to all information in the online portion for 24 months after activation of their key to help reinforce what they have learned
- Includes audio and transcript for students who may have a hearing or visual disability
- Screen and text-sized options help meet diverse learning needs
- Navigation controls provide students with the flexibility to move easily through content and customize their learning experience

CPR & Emergency Cardiovascular Care

Accessing Heartsaver Blended Learning Courses (online portion)

Q: How do students access the online portion of Heartsaver First Aid and CPR AED Blended Learning Courses?

A: The Heartsaver online programs can be purchased at Seconds Count Website. Following are the product numbers for each program:

- Heartsaver First Aid CPR AED Online:
- Heartsaver CPR AED Online:
- Heartsaver First Aid Online:

Once a student is either issued or purchases a key for the online portion of a Heartsaver First Aid or CPR AED Course, the student will go to eLearning.Heart.org to activate the key and complete the online portion of the course.

Q: Can a student log in and out of the course?

A: Yes. Students can enter and exit a course as often as necessary. If they are active in the course for 30 minutes, their user session will expire. When this happens, a message will notify students their session expired. They will simply log in again and return to the course, where they will see all of their completed exercises have been saved.

Q: Can course material be accessed after the online portion is completed?

A: Yes, students may access all material included in the Heartsaver online programs for 24 months following initial activation of their course key.

Continuing Education

Q: Do the Heartsaver First Aid and CPR AED online programs offer continuing education (CE/CME)?

A: Yes, the following CE is available upon successful completion of the online portion:

Heartsaver First Aid CPR AED Online

Continuing Education Accreditation: General Audience



The American Heart Association has been accredited as an Authorized Provider by the International Association for Continuing Education and Training (IACET).

The American Heart Association is authorized by IACET to offer 0.4 CEUs for this program.

Heartsaver CPR AED Online

Continuing Education Accreditation: General Audience



The American Heart Association has been accredited as an Authorized Provider by the International Association for Continuing Education and Training (IACET).

The American Heart Association is authorized by IACET to offer 0.1 CEUs for this program.

Heartsaver First Aid Online

Continuing Education Accreditation: General Audience



The American Heart Association has been accredited as an Authorized Provider by the International Association for Continuing Education and Training (IACET).

The American Heart Association is authorized by IACET to offer 0.3 CEUs for this program.

