



# ASHI CPR and AED

ASHI *CPR and AED* is a combined CPR and AED program designed specifically for laypeople. The program is an excellent choice for both the community and workplace setting, and is based upon the *2010 International Consensus on Cardiopulmonary Resuscitation (CPR) and Emergency Cardiovascular Care (ECC) Science with Treatment Recommendations (CoSTR)* and other evidence-based treatment recommendations.

## Intended audience

Individuals who do not work in the healthcare field but are occupationally required to, or desire to, have CPR knowledge and skills, such as emergency response teams in business and industry, school bus drivers, adult residential care personnel, child care workers, teachers, parents, and babysitters.

## Class options

- Adult
- Child and Infant
- Adults, Child, and Infant

## Class configurations

- Max student to Instructor ratio: 10 to 1
- Recommended student to equipment ratio: 3 to 1

## ASHI-approved training materials

- ASHI *CPR and AED* Student Handbook (one per participant, print or digital)
- ASHI *CPR and AED* Instructor Guide (one per Instructor, print or digital)
- ASHI *CPR and AED* media presentation (program video, PowerPoint®, or computer/online blended class)

## Class topics

- Sudden Cardiac Arrest
- Early Defibrillation
- CPR and AED Provider
- Legal Considerations
- Recognizing an Emergency and Deciding to Help
- Personal Safety
- Disease Transmission and Universal Precautions
- Emergency Medical Services (EMS)
- Respiratory and Circulatory Systems
- Chain of Survival
- Chain of Survival for Children
- Basic CPR—Chest Compressions
- Basic CPR—Rescue Breaths
- Basic CPR—Primary Assessment
- Unresponsive and Breathing—Recovery Position
- Unresponsive and Not Breathing—CPR
- Automated External Defibrillators (AEDs)
- Basic AED Operation
- Troubleshooting and Other Considerations
- Choking
- Emotional Considerations

## Successful completion (certification)

- *Written evaluation:* Required when specified by organizational, local, or state regulation. It is recommended for designated responders with a duty or employer expectation to respond in an emergency and provide first aid care.
- *Performance evaluation:* All students must perform required skills competently without assistance.

## Recognized certification period

Up to 2 years

## Recommended time to complete

*Initial training*

- Adult: 2 hours
- Child and Infant: 2 hours
- Adult, Child, and Infant: 3 hours

*Renewal training*

- Less than initial instructional time

## Combine with

*Basic First Aid*

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