

# 2020 Guidelines Heartsaver® Courses

## Adult Blended Learning FAQ



*As of February 25, 2021*

### Heartsaver First Aid CPR AED Blended Learning Course Questions

**Q: What are the AHA's Heartsaver First Aid CPR AED Blended Learning Courses?**

**A:** Reflecting the latest science and education from the 2020 AHA Guidelines for CPR and Emergency Cardiovascular Care (ECC), the AHA's Heartsaver First Aid CPR AED Blended Learning Courses provide students the highest quality training in the lifesaving skills of first aid and/or CPR and use of an AED. These courses empower students to act with confidence in the event of an emergency at work, home, or in the community.

With online, onsite, and classroom training\*, these courses offer flexibility for Training Centers, Instructors, and students to select the appropriate training solution to fit their needs.

\*Training options may vary by Training Center.

Courses include: Heartsaver First Aid CPR AED Online, Heartsaver CPR AED Online, and Heartsaver First Aid Online

In these courses, the following combinations can be taught:

- First Aid
- First Aid, Adult CPR AED
- First Aid, Adult CPR AED, Child CPR AED
- First Aid, Adult CPR AED, Infant CPR
- First Aid, Adult CPR AED, Child CPR AED, Infant CPR
- Adult CPR AED
- Adult CPR AED, Child CPR AED
- Adult CPR AED, Infant CPR
- Adult CPR AED, Child CPR AED, Infant CPR

**Q: What will students learn in this course?**

**A:** After successfully completing a Heartsaver First Aid CPR AED Blended Learning Course, students should be able to

#### **CPR AED**

- Describe how high-quality CPR improves survival
- Explain the concept of the Chain of Survival
- Recognize when someone needs CPR
- Describe how to perform CPR with help from others
- Demonstrate giving effective breaths by using mouth to mouth or a mask for all ages
- Demonstrate performing high-quality CPR for an adult, a child, and an infant
- Demonstrate using an AED on an adult and on a child

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- Describe when and how to help a choking adult or child
- Demonstrate how to help a choking infant

### First Aid

- List the priorities, roles, and responsibilities of first aid rescuers
- Describe the key steps in first aid
- Demonstrate removing protective gloves
- Demonstrate finding the problem
- Describe the assessment and first aid actions for these life-threatening conditions: heart attack, difficulty breathing, choking, severe bleeding, shock, and stroke
- Describe when and how to help a choking adult, child, or infant
- Demonstrate how to help a choking infant
- Demonstrate how to use an epinephrine pen
- Demonstrate how to control bleeding and apply bandaging
- Recognize elements of common illnesses and injuries
- Describe the benefits of living a healthy lifestyle and the risks of smoking and vaping
- Describe how to find information on preventing illness and injury
- Recognize the legal questions that apply to first aid rescuers

NOTE: Course objectives vary based on the course topics taught.

**Q: What are the key differences between the 2015 Guidelines and 2020 Guidelines versions of the Heartsaver First Aid CPR AED Blended Learning Courses?**

**A:** The new course includes the following changes:

### Course Structure:

Heartsaver First Aid CPR AED now offers the flexibility of optional course paths, which allows Instructors and students to customize the content to meet the needs of students while ensuring consistency among all Heartsaver courses. For students who must take both CPR AED and first aid, the AHA has designed course paths to address their specific needs. Students should check with their respective agencies to ensure these course paths fulfill their requirements. See the full course topic list by course path at [CPR.Heart.org](http://CPR.Heart.org) and the AHA Instructor Network.

- **Heartsaver** – This shortened and targeted version of the course focuses on core curriculum and skills to put students on a fast track to refresh their skills. It is designed to be flexible for students who need to review only specific topics to meet course requirements to obtain a course completion card. However, it is not regulatory or Occupational Safety and Health Administration (OSHA) compliant.
- **Heartsaver Total** – This comprehensive curriculum is designed to meet licensing requirements for OSHA and other regulatory agencies.

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Note: The Heartsaver First Aid CPR AED Instructor Manual outlines two additional audience-focused course paths (Office, Educator). These course paths are not offered as options within the Heartsaver First Aid CPR AED Online course. However, students can customize their course experience by selecting optional topics with Heartsaver course path.

It is important for students to be familiar with their training requirement needs. If students are not familiar with their organization's requirements, they should select the Heartsaver Total course path.

Once the course is started and the course path is selected, students will not be able to switch to another course path.

### New/Updated Course Content:

Several additional or revised topics are included to educate students on some of the major health issues in our communities. These include:

- Smoking and vaping
- Opioid overdose
- Benefits of a healthy lifestyle

For the student's convenience, each Heartsaver online program contains a Heartsaver Student eBook available for reference in the Resources section on the course launch page.

**Q: What is the blended learning format for these courses?**

A: Blended learning offers the convenience of digital learning. Students have the flexibility to take the cognitive portion of the course at their own pace, location, and on their own schedule.

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 and/or CPR AED knowledge. The online portion of Heartsaver blended learning courses contain required exercises which must be completed before the student can receive a certificate of completion.

Also, for the student's convenience, each course contains a Heartsaver Student eBook available for reference in the Resources section on the course launch page.

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

**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.

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### Online Portion:

**Q: What are some of the unique features of the Heartsaver First Aid CPR AED Online programs?**

A: Following are features of Heartsaver First Aid CPR AED Online:

- 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
- Resources section on course launch page includes a Heartsaver Student Workbook eBook for the student's convenience

**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 inactive 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 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 (2 years) following initial activation of their course.

**Q: Do students need to purchase a Heartsaver eBook or printed workbook along with the online portion of the course to meet the requirements outlined in the Program Administration Manual?**

A: No, for the student's convenience, each course contains a Heartsaver Student eBook available for reference in the Resources section on the course launch page.

**Q: What are the course completion requirements for the Heartsaver First Aid CPR AED courses?**

A: To successfully complete a Heartsaver course and earn a Heartsaver course completion card, students must successfully complete the online course, then pass the following skills tests during the hands-on skills session for the Heartsaver course or path that they are taking:

**Heartsaver First Aid CPR AED Course**

*Heartsaver Course Path*

- Adult CPR and AED Skills Test

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- Child CPR Skills Test (if teaching Child CPR)
- Infant CPR Skills Test (if teaching Infant CPR)
- First Aid Skills Test

### *Heartsaver Total Course Path*

- Adult CPR and AED Skills Test
- Child CPR Skills Test (if teaching Child CPR)
- Infant CPR Skills Test (if teaching Infant CPR)
- First Aid Skills Test

### *Office Course Path*

- Adult CPR and AED Skills Test
- Child CPR Skills Test (if teaching Child CPR)
- Infant CPR Skills Test (if teaching Infant CPR)
- First Aid Skills Test

### *Educator Course Path*

- Adult CPR and AED Skills Test
- Child CPR Skills Test
- Infant CPR Skills Test (if teaching Infant CPR)
- First Aid Skills Test

### **Heartsaver CPR AED Course**

- Adult CPR and AED Skills Test
- Child CPR Skills Test (if teaching Child CPR)
- Infant CPR Skills Test (if teaching Infant CPR)

### **Heartsaver First Aid Course**

- First Aid Skills Test

**Q:** Is there a renewal version of this course?

**A:** No.

### **Heartsaver Target Audience**

**Q:** Who is the intended audience for Heartsaver courses?

**A:** The AHA's Heartsaver Online courses are ideal for those who want the convenience of digital learning. These courses are designed for anyone with little or no medical training who needs first aid and/or CPR training and a course completion card for job, regulatory (e.g., OSHA), or other regulatory or licensing requirements. Heartsaver courses can also be taken by anyone who wants to be prepared to act in an emergency.

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### Course Materials

**Q: What materials are available for the Heartsaver First Aid CPR AED Blended Learning Courses?**

**A:** Materials for these courses are currently available through [ShopCPR](#) or [WorldPoint](#) (for some AHA Training Centers). Materials include:

#### *Student Materials:*

- 20-1403 Heartsaver First Aid CPR AED Online
- 20-1401 Heartsaver CPR AED Online
- 20-1402 Heartsaver First Aid Online

#### *Instructor Materials*

- 20-1130 Heartsaver First Aid CPR AED Instructor Manual
- 20-3114 Heartsaver First Aid CPR AED Instructor Manual eBook
- 20-1123 Heartsaver First Aid CPR AED Course DVD Set (2-disc)
- 20-1147 Heartsaver First Aid CPR AED Course Videos on USB Drive
- 20-1429 Heartsaver First Aid CPR AED Digital Course Videos

#### *Cards*

- 20-3002 Heartsaver First Aid CPR AED eCard
- 20-3004 Heartsaver CPR AED eCard
- 20-3005 Heartsaver First Aid eCard
- 20-1812 Heartsaver First Aid CPR AED Card (24-pack)

### Course Length

**Q: How long are the Heartsaver First Aid CPR AED Blended Learning Courses?**

**A:** Approximate times for each version of the Heartsaver Courses are listed below

#### Online Portion (dependent on the student's experience):

- Heartsaver First Aid CPR AED Online (Heartsaver course path): 1 ½ hours
- Heartsaver First Aid CPR AED Online (Heartsaver Total course path): 2 ¾ hours
- Heartsaver First Aid Online: pending
- Heartsaver CPR AED Online: pending

#### Hands-on Skills Session:

- Heartsaver First Aid CPR AED: Heartsaver course path: 2 ¼ hours
- Heartsaver First Aid CPR AED: Heartsaver Total course path 2 ¼ hours
- Heartsaver CPR AED: 1 ¾ hours
- Heartsaver First Aid: 30 minutes

**Heartsaver First Aid and CPR AED Online Portions Certificate of Completion**

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- Q:** **What is required for student entry into a Heartsaver First Aid and CPR AED hands-on skills 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 skills session.
- Q:** **How can BLS and Heartsaver Instructors verify the authenticity of Heartsaver First Aid CPR AED online portion certificates of completion?**
- A: Instructors can verify certificates at [https://elearning.heart.org/verify\\_certificate](https://elearning.heart.org/verify_certificate).

### Teaching Heartsaver First Aid CPR AED Blended Learning Courses

- Q:** **Who can conduct hands-on sessions for Heartsaver First Aid CPR AED Blended Learning Courses?**
- A: 2020 Guidelines Heartsaver skills sessions for blended learning courses may be conducted by AHA BLS and Heartsaver Instructors who have completed their required 2020 Guidelines Instructor Update for Heartsaver and have received and reviewed their 2020 Guidelines Heartsaver Instructor materials.
- Q:** **What resources are available to help Instructors understand the Heartsaver course options and materials?**
- A: The AHA developed the Heartsaver Product & Course Orientation (P&CO) to help BLS and Heartsaver Instructors understand the new, 2020 Guidelines Heartsaver course design and teaching strategies, and to quickly get up to speed on the latest and most important updates to the Heartsaver course materials. This orientation is available free of charge to Instructors through [eLearning.Heart.org](https://eLearning.Heart.org) (requires login with AHA Instructor Network credentials).

The P&CO provides BLS and Heartsaver Instructors

- Information about new course materials, course curriculum updates, and how the changes impact the way you will teach the Heartsaver courses
- Details, clarification, and direction on various course formats
- Specifics about new Heartsaver course materials
- Steps to incorporate new updates into various course settings

While all BLS and Heartsaver Instructors are strongly encouraged to complete the P&CO before teaching the new course, it is not required. Viewing the P&CO is most helpful if Instructors have new course materials in-hand while viewing.

Additional course materials can be accessed at the AHA Instructor Network Heartsaver page.

### 2020 Heartsaver Exam

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**Q: Does the AHA require completion of an exam for Heartsaver courses?**

A: No, the AHA does not require completion of an exam for Heartsaver courses. However, the AHA offers an exam for those students whose workplaces or regulatory agencies require the completion of an exam. Before class, Instructors should determine which students need to take the Heartsaver exam. The exam will need to cover all the sections taught in the course.

**Q: Are students allowed to access resources when taking the Heartsaver Exam?**

A: The AHA has adopted an open-resource policy for exams. Open resource means that students may use resources as a reference while completing the exam. Resources could include the student workbook, either in printed form or as an eBook on personal devices, any notes the student took during the provider course, the AHA Guidelines for CPR and ECC, etc. Open resource does not mean open discussion with other students or the Instructor. Students may not interact with each other during the exam.

### Continuing Education (CE) Information

**Q: Do the Heartsaver First Aid CPR AED Blended Learning Courses offer continuing education (CE)?**

A: The AHA has applied for CE for the Heartsaver First Aid CPR AED Blended Learning Courses. Official accreditation statements to follow.

### Technical Specifications

**Q: What are the minimum technical requirements for the Heartsaver First Aid and CPR AED online programs?**

A: Minimum technical requirements are available at  
<https://elearning.heart.org/courseTechnicalRequirement/9>.