



AMERICAN SAFETY &
HEALTH INSTITUTE

MEDIC
First Aid



ADULT FIRST AID | CPR AED (a.k.a. BasicPlus in Japan)

The purpose of the HSI First Aid | CPR AED knowledge and skill proficiency in First Aid, (CPR, BasicPlus in Japan) and AED skills. training program is for participants to gain or improve.

- ✓ HSI First Aid | CPR AED has been approved by the HSI Medical Advisory Board and reviewed by the HSI Advisory Council.
- ✓ Reflects the latest resuscitation science and treatment recommendations published by the International Liaison Committee on Resuscitation (ILCOR).
- ✓ Conforms with the 2020 American Heart Association (AHA) Guidelines Update for CPR and ECC and the annual Guidelines Update

Intended audience

The intended audience is individuals who are not healthcare providers or professional rescuers who desire, or are occupationally required, to be trained and certified in adult first aid and/or CPR AED for the adult, child, or infant.

Class options

- Adult CPR AED (CarePlus- Adult)
- Child & Infant CPR AED (CarePlus- Child & Infant)
- Adults, Child, & Infant CPR AED (CarePlus- All ages)
- Adult & Child CPR AED (CarePlus- Adult & Child)
- Adult First Aid | CPR AED (BasicPlus)
- Adult First Aid (Emergency Care First Aid-Adult)

Delivery options

- Traditional Classroom

Instructional elements

- HSI Adult First Aid | CPR AED Student book (one per participant)
- HSI Adult First Aid | CPR AED Skill Guide (one per three participants)
- HSI Adult First Aid | CPR AED Instructor Guide (one per instructor)
- HSI Adult First Aid | CPR AED media presentation (program video)

Certification period

- 2 years from month of issue

Student certification requirements

- 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.

Recommended time to complete

- Adult First Aid | Adult/Child/Infant CPR AED: 7 - 8 hours
- Adult/Child/Infant CPR AED: 4 1/2 - 5 hours
- Adult First Aid: 4 hours



In Japan, course names remain as before for some long time to prevent confusion by the sudden change.

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Class topics

- Sudden Cardiac Arrest (SCA)
- CPR and Defibrillation
- Chain of Survival
- Assessment & Chest Compressions
- Rescue Breathing & Using a CPR Mask
- Using an AED
- Relief of Choking
- First Aid Assessment
- Taking Precautions
- Activating EMS and/or EAP
- Responding to External and Internal Bleeding
- Direct Manual Pressure & Bandaging
- Using a Tourniquet (Improvised and Commercial)
- Shock
- Minor Wounds
- Impaled Objects*
- Tooth and Eye Injuries
- Amputated Body Parts*
- Open Wounds*
- Head, Neck, or Spinal Injury
- Concussion
- Bone, Joint, and Muscle Injuries
- Splinting
- Burns
- Altered Mental States
- Poisoning
- Opioid-Associated Emergency*
- Difficulty Breathing and Asthma
- Severe Allergic Reaction (Anaphylaxis)
- Using an Epinephrine Autoinjector (such as EpiPen®)
- Heart Attack
- Stroke
- Seizure
- Diabetes and Hypoglycemia
- Presyncope and Syncope
- Heat and Cold Emergencies
- Bites and Stings*

***Please note these topics may not be covered in Japan due to the limited class time, unless desired by the participants.**