



AMERICAN SAFETY &  
HEALTH INSTITUTE

MEDIC  
First Aid



# HSI/MFA CPR AED a.k.a. CarePlus CPR and AED in Japan

The purpose of the HSI/MFA CPR AED training program is for participants to gain or improve knowledge and skill proficiency in CPR, and AED skills.

- ✓ HSI | 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 and AED.

## CarePlus CPR & AED Class options

- Adult
- Adult & Child
- Child & Infant
- All Ages

## Delivery method:

- Traditional Classroom

## Instructional elements

- HSI/MFA Student Book (one per student)
- HSI/MFA | CPR AED Skill Guide (one per 3 participants)
- HSI/MFA | CPR AED Instructor Guide (one per instructor,)
- HSI/MFA | 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

- CarePlus CPR AED: 3 1/2 - 4 1/2 hours





AMERICAN SAFETY &  
HEALTH INSTITUTE

MEDIC  
First Aid



## Class topics

- Sudden Cardiac Arrest (SCA)
- CPR
- Defibrillation
- Chain of Survival
- Assessment
- Chest Compressions
- Rescue Breathing
- Using a CPR Mask
- Using an AED
- Relief of Choking
- Taking Precautions
- Using Personal Protective Equipment (PPE)
- Activating EMS and/or EAP