



**2020**

**CPR & ECC  
GUIDELINES**

# Certificate

jakob Temple

**has successfully completed**  
**Heartsaver Total –**  
**Heartsaver® First Aid CPR AED Online**

Congratulations on learning lifesaving skills with the American Heart Association. Hands-on skills practice and testing, conducted by an authorized AHA BLS or Heartsaver Instructor, is required to receive a Heartsaver First Aid CPR AED course completion card.

For greater success, it is recommended the hands-on skills session be conducted shortly after completing the online portion. Please take this certificate with you to your hands-on skills session.

*This certificate does not constitute successful completion of the full  
Heartsaver Total – Heartsaver First Aid CPR AED Course.*

## Topics Included

Survivor Story  
Hands-Only CPR  
Adult CPR, AED, and Choking Relief  
Drug Overdose  
Water Safety  
Key Steps of First Aid (Finding the Problem\*)  
Precautions (Exposure to Blood & Removing  
Gloves\*)  
Breathing Problems (Asthma)  
Allergic Reactions (Using an Epinephrine Pen\*)  
Heart Attack  
Fainting  
Diabetes and Low Blood Sugar  
Stroke  
Seizures  
External Bleeding\* (Direct Pressure and Bandaging  
& Tourniquets)

Shock  
Wounds (Eye, Nose, and Tooth Injuries)  
Penetrating and Puncturing Injuries  
Amputation  
Internal Bleeding  
Head, Neck, and Spinal Injuries  
Broken Bones and Sprains  
Burns and Electrical Injuries  
Bites and Stings  
Heat-Related Emergencies  
Cold-Related Emergencies  
Poison Emergencies  
Risks of Smoking/Vaping  
Benefits of Healthy Lifestyle

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Certificate Number

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Date Completed