



**Heartsaver®
First Aid CPR AED Online**

- **Heartsaver** – Flexible course path with optional topics
- **Heartsaver Total** – Designed to meet OSHA and other regulatory agency requirements; includes all available course topics

Category	Course Topics	Heartsaver	Heartsaver Total (Meets OSHA requirements)
CPR, AED, and Choking Relief	Survivor Story	✓	✓
	Introduction	✓	✓
	Hands-Only CPR	✓	✓
	Adult CPR, AED, and Choking Relief	✓	✓
	Child CPR, AED, and Choking Relief	Optional	Optional
	Infant CPR, AED, and Choking Relief	Optional	Optional
	Drug Overdose	Optional	✓
	Water Safety	Optional	✓
First Aid Basics	Introduction (First Aid only)	✓	✓
	Key Steps of First Aid (Finding the Problem*)	✓	✓
	Precautions (Exposure to Blood & Removing Gloves*)	✓	✓
First Aid Medical	Breathing Problems (Asthma)	Optional	✓
	Breathing Problems and Asthma (Pediatric)	Optional	Optional
	Allergic Reactions (Using an Epinephrine Pen*)	✓	✓
	Heart Attack	✓	✓
	Fainting	Optional	✓
	Diabetes and Low Blood Sugar	Optional	✓
	Diabetes and Low Blood Sugar (Pediatric)	Optional	Optional
	Stroke	✓	✓
	Seizures	Optional	✓
	Seizures (Pediatric)	Optional	Optional

*Skills test is required.

(continued)

Category	Course Topics	Heartsaver	Heartsaver Total (Meets OSHA requirements)
First Aid Injury	External Bleeding* (Direct Pressure and Bandaging and Tourniquets)	✓	✓
	Shock	✓	✓
	Wounds (Eye, Nose, and Tooth Injuries)	Optional	✓
	Penetrating and Puncturing Injuries	Optional	✓
	Amputation	Optional	✓
	Internal Bleeding	Optional	✓
	Head, Neck, and Spinal Injuries	Optional	✓
	Broken Bones and Sprains	Optional	✓
	Burns and Electrical Injuries	Optional	✓
First Aid Environmental	Bites and Stings	Optional	✓
	Heat-Related Emergencies	Optional	✓
	Cold-Related Emergencies	Optional	✓
	Poison Emergencies	Optional	✓
First Aid Prevention	Risks of Smoking/Vaping	Optional	✓
	Benefits of Healthy Lifestyle	Optional	✓

*Skills test is required.