



**American
Heart
Association®**



The Provo City School District nurses offer certification for the American Heart Association CPR/AED/First Aid and Stop the Bleed Training. The certification is valid for two years.

The cost is **\$15.00** and many schools cover this cost for their staff.
Please check with your school before you come to be sure the cost will be covered.

It is required that at least **three** people at each school be certified in CPR & First Aid. However, certification is recommended for all school staff, especially those who are members of our Medical Emergency Response Teams and those who work with medically fragile students. All Transportation staff must also be certified.

If you were certified last year (2023) your certification is still current.

[SIGN UP HERE](#)

Skills Session Dates/Times:

Wednesday June 5th 2024	Thursday June 6th 2024
8:30 a.m.- 10:00 a.m.	8:30 a.m.- 10:00 a.m.
10:15 a.m.-11:45 a.m.	10:15 a.m.-11:45 a.m.
12:00 p.m.- 1:30 p.m.	12:00 p.m.- 1:30 p.m.
1:45 p.m.-2:15 p.m.	1:45 p.m.-2:15 p.m.
2:30 p.m.-4:00 p.m.	2:30 p.m.-4:00 p.m.

**All sessions will be held at the
Professional Development Center at the District Office
280 West 940 North Provo**

Instructions

- You will need internet access to complete this training.
- The training takes approximately 4 ½ hours to complete.
- When you feel that you are ready to demonstrate your learning, register [HERE](#) or the link at the bottom of this document to schedule a pass-off at one of our skills sessions.

- **Heartsaver CPR Training**

All links must be viewed to complete the CPR portion of the training

- [Introduction](#) (3:49)
- Adult CPR
 - [The Difference Between Heart Attack and Cardiac Arrest](#) (1:20)
 - Scene Safety and Responsiveness
 - [Scene Safety and Checking for Responsiveness](#) (1:20)
 - [Phoning 9-1-1](#) (1:29)
 - [Checking for Breathing](#) (0:59)
 - [Summary: Steps Leading Up to CPR](#) (1:33)
 - [PWW: Scene Safety and Assessment](#) (0:54)
 - Compressions and Breaths
 - [Chest Compressions](#) (6:02)
 - [PWW: Chest Compression](#) (1:07)
 - [Giving Breaths Mouth-to-Mouth](#) (2:38)
 - [PWW: Giving Breaths Mouth-to-Mouth](#) (0:43)
 - [Using a Face Shield or Pocket Mask to Give Breaths](#) (2:58)
 - [PWW: Using a Pocket Mask to Give Breaths](#) (0:24)
 - [Using and AED](#) (5:21)
 - [Putting it all together](#) (2:06)
 - [Summary: Adult CPR and AED](#) (5:21)
 - [Choking in Adults](#) (4:33)
- Child CPR/Choking
 - [Choking in Children](#) (2:15)
 - [Child CPR/AED](#) (6:05)
 - [Child CPR/AED Putting it all together](#) (2:28)
- Infant CPR/Choking
 - [Introduction to Infant CPR](#) (1:43)
 - [Infant Chest Compression/Breaths](#) (2:15)
 - [Giving Breaths to an Infant](#) (2:32)
 - [Infant CPR Summary](#) (0:25)
 - [PWW Infant CPR Compressions/Breaths](#) (1:00)
 - [Infant Choking Conscious](#) (1:39)
 - [Infant Choking Unconscious](#) (1:24)
 - [PWW Infant Choking](#) (0:43)

Congratulations!

You have completed the required CPR certification content.

Please scroll down and continue the First Aid training.

- **Heartsaver First Aid Training**

All links must be viewed to complete the First Aid portion of the training

- First Aid Basics
 - [Introduction](#) (7:00)

- [Assessing the Scene](#) (2:30)
- [Phoning for Help](#) (1:24)
- [Universal Precautions and Exposure to Blood](#) (2:07)
- [Removing Gloves](#) (1:35)
- [PWW: Removing Gloves](#) (0:37)
- [Washing Hands](#) (1:24)
- [Finding the Problem](#) (2:08)
- [PWW: Finding the Problem](#) (2:08)
- Medical Emergencies
 - [Asthma](#) (2:28)
 - [Allergic Reactions](#) (2:20)
 - [PWW: Administering an Epinephrine Injection](#) (1:07)
 - [Heart Attack](#) (2:23)
 - [Fainting](#) (1:36)
 - [Diabetes and Low Blood Sugar](#) (1:37)
 - [Seizure](#) (2:17)
 - [Stroke](#) (1:36)
- Injury Emergencies
 - [External Bleeding](#) (7:14)
 - [PWW: Controlling Bleeding and Bandaging](#) (1:12)
 - [Shock](#) (0:45)
 - [Penetrating and Puncturing Injuries](#) (0:53)
 - [Amputation](#) (1:03)
 - [Bleeding from the Nose](#) (0:55)
 - [Bleeding from the Mouth](#) (0:35)
 - [Tooth Injuries](#) (1:27)
 - [Eye Injuries](#) (2:14)
 - [Internal Bleeding](#) (1:40)
 - [Concussions](#) (1:51)
 - [Head, Neck, and Spine Injuries](#) (2:06)
 - [Broken Bones and Sprains](#) (0:44)
 - [Splinting](#) (1:27)
 - [PWW: Splinting](#) (0:58)
 - [Burns](#) (2:04)
 - [Electrical Injuries](#) (1:48)
- Environmental Emergencies
 - [Bites and Stings](#) (6:53)
 - [Heat-Related Emergencies](#) (4:18)
 - [Cold-Emergencies](#) (2:51)
 - [Poison Emergencies](#) (3:47)
- Prevention
 - [Risks of Smoking and Vaping](#) (2:29)
 - [Benefits of a Healthy Lifestyle](#) (3:51)
 - [Preventing Illness and Injury](#) (1:18)
- [Conclusion](#) (0:57)

- **[Stop The Bleed Virtual Training](#)**

- To receive your certificate of completion for Stop The Bleed. Please remember to bring the email with your quiz results to the skills pass-off.
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Way to go!!

You have completed viewing the CPR/AED and First Aid content for the American Heart Association Heartsaver course and the virtual Stop The Bleed Training

To complete the training and receive your certification card, you will need to attend a skills session.

[SIGN UP HERE](#)

You will receive your certification card by email, so be sure to provide a valid email address.

If you have any questions, please contact Heather Chatwin heatherc@provo.edu

If you have lost or misplaced your ecard, you can find it [here](#).