



CarePlus CPR and AED

The MEDIC First Aid® CarePlus CPR and AED program is specifically designed for persons who are occupationally required or desire to have CPR and AED knowledge and skills. This program conforms to the 2015 AHA Guidelines Update for CPR and ECC.

Course Configuration

Intended audience

- Occupational first aid providers and lay rescuers who are not healthcare providers or professional rescuers

Class options

- Adult
- Child & Infant
- Adult & Child
- All Age groups

Class size and ratios

- Max student to instructor ratio: 12 to 1
- Max student to equipment ratio: 3 to 1

Instructor Materials

- CarePlus Program Video (DVD)
- CarePlus Instructor Guide

Student Materials

- CarePlus Student Book
- Wallet Skill Guide
- Home Emergency Plan
- Skill Practice kit (Rescue breaths barrier, Protective gloves, Roll bandage, Gauze pad, Ziplock bag)
- BasicPlus certification card

Equipment

- DVD Player
- Video Monitor
- CPR manikins for age group covered
- AED trainers

Successful completion(certification)

- Written evaluation: Required when specified by organizational, local, or state regulation.
- Performance evaluation: All students must perform required skills competently without assistance.



Recommended time to complete

- Initial training: Adult Only: 3 hours, Child and Infant:3-4 hours, Adult and Child/All ages: 4 hours

- Renewal training: Less than initial instructional time

Recognized certification period

Up to 2 years.

Class Topics

- Oxygen and the Human Body
 - Sudden Cardiac Arrest
 - Cardiopulmonary Resuscitation (CPR)
 - Early Defibrillation
 - Chain of Survival
 - Secondary Cardiac Arrest
 - Cardiac Arrest: Opioid Overdose
 - Cardiac Arrest: Children and Infants
 - CPR and AED Provider
 - Legal Considerations
 - Recognizing an Emergency
 - Personal Safety
 - Deciding to Help
 - Infectious Bloodborne Diseases
 - Standard Precautions
 - Personal Protective Equipment
 - Emergency Medical Services (EMS)
 - Chest Compressions
 - Rescue Breaths
 - Primary Assessment—Unresponsive Person
 - Recovery Position
 - Caring for Cardiac Arrest
 - Multiple Provider Approach to CPR
 - Automated External Defibrillation
 - Choking
- Supplemental topics
- CPR Feedback Devices
 - High-Performance CPR
 - Control of Bleeding
 - Internal Bleeding
 - Shock
 - Stroke
 - Pain, Severe Pressure, or Discomfort In the Chest
 - Emotional Considerations

