



# MEDIC First Aid 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.

**MEDIC**  
**First Aid**



## Intended audience

- Community responders
- Workplace responders
- Firefighters
- Police officers



## Class options

- Adult
- Child and Infant
- Adult, Child, and Infant



## Class configurations

- Max. student to instructor ratio: 12 to 1
- Max. student to equipment ratio: 6 to 1



## MEDIC First Aid-approved training materials

- Instructor materials
  - CarePlus Program Video
  - CarePlus Instructor Guide (*one per instructor, print or digital*)
- Student materials
  - Student Guide (*one per participant, print or digital*)



## Digital Resources

- Streaming video player
- Create custom playlists
- Updated user interface for blended learning platform
- Customizable blended learning playlists
- Pre-built digital Performance Evaluations
- Track past, present, and future classes with Otis
- New mobile app, including offline mode



## Recognized certification period

Up to 2 years



## 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: 1.5 – 2.5 hours
  - > Child and Infant: 1.5 – 2.5 hours
  - > Adult, Child, and Infant: 2-3 hours
- *Renewal training*:  
Less than initial instructional time

# MEDIC First Aid CarePlus CPR and AED



## 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
- Emotional Considerations

## Supplemental topics

- CPR Feedback Devices
- High-Performance CPR
- Administration of Naloxone
- Control of Bleeding
- Internal Bleeding
- Shock
- Stroke
- Pain, Severe Pressure, or Discomfort in the Chest

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