

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*.

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
- Customizable blended learning playlists
- Pre-built digital Performance Evaluations
- Track past, present and future classes through TC portal
- Mobile app, including offline mode

Recognized certification period

- Up to 2 years

Successful completion (certification)

- *Written evaluation:* When not required by a regulatory agency, it is optional.
- *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





Course 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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