

American Red Cross CPR/AED/First Aid

Sample Matrix

Lesson	Subject	Recommended Materials	Activities
1	Introduction	American Red Cross manual (M-080)	
	Before Giving Care	American Red Cross manual, Student training kits, gloves, etc. Videos (4).	show videos Demonstrate how to check an unconscious person for life-threatening conditions.
2	Cardiac Emergencies and CPR	American Red Cross manual, CPR breathing barriers (one per student), manikins, and non-latex gloves manikins (one per two students). Videos (2)	Demonstrate how to perform CPR.
3	AED	American Red Cross manual, AED training devices, CPR breathing barriers, manikins (one per two students), non-latex gloves manikins. Videos (2)	Demonstrate how to use an AED.
4	Breathing Emergencies	American Red Cross manual, CPR breathing barriers (one per two students), manikins (one per two students). Videos (2)	Demonstrate how to care for a choking person.
5	Sudden Illness	American Red Cross manual, Video (1)	
6	Environmental Emergencies	American Red Cross manual,	
7	Soft Tissue Injuries	American Red Cross manual, Gauze pads, non-latex gloves, roller bandages. Videos (2)	Demonstrate how to control external bleeding.
8	Injuries to Muscles, Bones, and Joints	American Red Cross manual, Non-latex gloves Optional (blankets, triangular bandages and rigid splints). Video (1)	Students demonstrate optional splinting exercise.
9	Conclusion	American Red Cross manual, AED trainers, manikin, CPR breathing barriers, gloves, Scenario worksheets (one per pair), optional final written exam.	Class applies knowledge and skills learned in course during an emergency scenario. Optional final written exam.