



## Program Outline

Program: Basic First Aid  <i>Recommended Initial Course Schedule Break for at least 5 minutes each hour</i>	Time (minutes)		
	Adult	Child	Universal (Adult and Child)
Section 1: Introduction	35	35	35
Section 2: Emergency Response	40	40	50
Section 3: Bleeding, Shock and Soft Tissue Injuries	30	30	45
Section 4: Bone, Joint and Muscle Injuries	30	30	45
Section 5: Medical Emergencies	25	25	40
Section 6: Heat- and Cold-Related Illness and Injury	20	20	25
Section 7: Conclusion	45	45	45
Breaks	20	20	25
<b>Total Approximate Minutes:</b>	<b>245</b>	<b>245</b>	<b>310</b>
<b>Total Approximate Hours:</b>	<b>4</b>	<b>4</b>	<b>5</b>