

First Aid, CPR, and AED Training



UniFirst First Aid + Safety is proud to offer American Heart Association (AHA) Heartsaver® First Aid, CPR, and AED training. This workplace safety course provides the knowledge and skills that may actually help save a life. It also offers the basics of first aid for the most common life-threatening emergencies, covering how to recognize them, how to call for help, and how to perform lifesaving actions. Heartsaver courses from AHA offer a cohesive, consistent experience for the learner, best practices to give students the best possible learning experience and help them better retain information, and enhanced realistic scenarios.

Who should take the course?

The Heartsaver First Aid, CPR, and AED course is intended for anyone with little or no medical training who simply wants to be prepared for a variety of emergencies in any setting. The course is also ideal for those who may need a safety training course completion card for job, regulatory (e.g., OSHA), or other requirements.

Course Topics

First Aid Basics

Finding the problem, accessing the scene, personal protective safety, Good Samaritan law, and Universal Precautions

Medical Emergencies

Breathing difficulty, shortness of breath, severe allergic reaction, heart attack, fainting, diabetes/low blood sugar, stroke, and seizure

Injury Emergencies

External bleeding, wounds, internal bleeding, head/neck/spinal injuries, broken bones/sprains, burns, and electrical injuries

Environmental Emergencies

Bites and stings, heat-related emergencies, cold-related emergencies, and poison emergencies

Adult CPR and AED Training (Child/Infant Optional)

CPR and AED training, choking, and opioid-drug-associated emergencies

Let UniFirst First Aid + Safety help make your workplace safer.

