

# IHF Heartsaver CPR AED



The Irish Heart Foundation's (IHF) Heartsaver CPR AED Course is ideal for anyone who wants to learn Cardiac Pulmonary Resuscitation (CPR) and how to use an Automated External Defibrillator (AED).

## **IHF Heartsaver CPR AED Course Content:**

- Introduction & Course Objectives
- Adult and Paediatric CPR
- Relief of choking for adults, children & infants
- How to use an AED
- Skills Practice
- Q&A

## **IHF Heartsaver CPR & AED Method of Delivery:**

This course follows a practice-while-watching video format and is led by instructors who will provide feedback and guide you through the lessons and help improve your CPR technique as you practice on a manikin.

## **Duration:**

The complete Heartsaver AED Course takes approximately 3 hours to complete the full course and teaches the basic techniques of cardiopulmonary resuscitation (CPR), how to use an Automated External Defibrillator (AED) and the relief of choking for adults, children and infants.

Participants can opt to take the adult portion of this course only (which covers adult CPR and use of the AED) and this can be done in two-hours.

## **Maximum Participants:**

6 participants per course

## Certification:

This course is certified by the Irish Heart Foundation (IHF) and American Heart Foundation (AHF) and as such is recognised internationally.

Participants who can demonstrate high quality CPR at the end of the course will receive an IHF/AHA Heartsaver AED CPR course completion card which is valid for two years.

To maintain your qualification this course must be repeated after two years from the date of completion.

Donegal Safety Services are an Irish Heart Foundation affiliated training site, [www.irisheart.ie](http://www.irisheart.ie).



Book your course today by calling us on 0874170941, emailing us on [info@donegalsafetyservices.ie](mailto:info@donegalsafetyservices.ie) or alternatively please ***complete our contact form by clicking here.***

## Alternative First Aid Course Options

If this is not the course you need we offer a full range of First Aid courses, including:

- IHF Basic Life Support (BLS)
- Cardiac First Response
- First Aid Response
- Basic/Emergency First Aid
- Parent First Aid
- Student First Aid

We look forward to hearing from you.