

2020 Guidelines Heartsaver® Pediatric Courses Instructor-Led Training (ILT) FAQ



As of February 25, 2021

Heartsaver Pediatric First Aid CPR AED ILT Course Questions

Q: What is the AHA's Heartsaver Pediatric First Aid CPR AED Course?

A: Reflecting the latest science and education from the 2020 AHA Guidelines for CPR and Emergency Cardiovascular Care (ECC), the AHA's Heartsaver Pediatric First Aid CPR AED Course provides students the highest quality training in the lifesaving skills of first aid and/or CPR and use of an AED, with emphasis on emergencies that occur with children and infants. These courses empower students to act with confidence in the event of an emergency at work, home, or in the community.

With online, onsite, and classroom training*, these courses offer flexibility for Training Centers, Instructors, and students to select the appropriate training solution to fit their needs.

Within this course, the following combinations can be taught:

- Pediatric First Aid
- Child CPR AED, Infant CPR, Pediatric First Aid
- Child CPR AED, Infant CPR, Adult CPR AED, Pediatric First Aid
- Child CPR AED, Infant CPR
- Child CPR AED, Infant CPR, Adult CPR AED

*Training options may vary by Training Center.

Q: What will students learn in this course?

A: After successfully completing this course, students should be able to

- List the duties, roles, and responsibilities of a first aid rescuer
- Describe the 4 key steps in pediatric first aid: prevent, protect, assess, and act
- Remove protective gloves (skill students will demonstrate)
- Find the problem (skill students will demonstrate)
- Describe the assessment and first aid actions for the following life-threatening conditions: difficulty breathing, choking, severe bleeding, and shock
- Control bleeding and bandaging (skills students will demonstrate)
- Use an epinephrine pen (skill students will demonstrate)
- Recognize elements of common illnesses and injuries
- Describe how to find information on preventing illness and injury
- Describe the risks of smoking and vaping and the benefits of a healthy lifestyle
- Describe how high-quality CPR improves survival
- Explain the concepts of the Chain of Survival
- Recognize when someone needs CPR
- Perform high-quality CPR for all age groups
- Describe how to perform CPR with help from others
- Give effective breaths by using mouth-to-mouth or a mask for all age groups

2020 Guidelines Heartsaver® Pediatric Courses Instructor-Led Training (ILT) FAQ



- Demonstrate how to use an AED on children and adults
- Describe when and how to help someone who is choking
- Recognize the legal questions that apply to first aid rescuers

NOTE: Course objectives vary based on the course topics taught.

Q: What are the key differences between the 2015 Guidelines and 2020 Guidelines versions of the Heartsaver Pediatric First Aid CPR AED Courses?

A: The new course includes the following changes:

Course Structure:

Heartsaver Pediatric First Aid CPR AED now offers the flexibility of optional course paths, which allows Instructors to customize the content to meet the needs of students while ensuring consistency among all Heartsaver courses. The AHA has designed course paths to address specific student needs. Students should check with their respective agencies to ensure these course paths fulfill their requirements. See the full course topic list by course path at CPR.Heart.org and the AHA Instructor Network.

- **Heartsaver Pediatric**– This shortened and targeted version of the course focuses on core curriculum and skills to put students on a fast track to refresh their skills. It is designed to be flexible for students who need to review only specific topics to meet course requirements to obtain a course completion card. However, it is not designed to meet regulatory agency or Occupational Safety and Health Administration (OSHA) requirements
- **Heartsaver Pediatric Total** – This comprehensive curriculum is designed to meet licensing requirements for OSHA and other regulatory agencies.
- **Babysitter** focuses on the first aid needs of babysitters.
- **Water Safety** provides general information for the best safety practices around water.

2020 Guidelines Updates:

Please see the [2020 AHA Guidelines for CPR and ECC](#) for detailed information.

New/Updated Course Content:

Several additional or revised topics are included to educate students on some of the major health issues in our communities. These include:

- Smoking and vaping
- Opioid overdose
- Benefits of a healthy lifestyle

The AHA also partnered with the national Stop The Bleed® campaign to provide students with comprehensive training on external bleeding.

2020 Guidelines Heartsaver® Pediatric Courses Instructor-Led Training (ILT) FAQ



Q: What are the course completion requirements for the Heartsaver Pediatric First Aid CPR AED Course?

A: To successfully complete a Heartsaver Pediatric First Aid CPR AED Course and earn a Heartsaver Pediatric First Aid CPR AED eCard, students must successfully complete the course curriculum and pass the following skills tests for the Heartsaver course or path that they are taking:

Heartsaver Pediatric Total Course Path

- Child CPR Skills Test
- Infant CPR Skills Test
- First Aid Skills Test
- Adult CPR and AED Skills Test (if teaching Adult CPR AED)

Heartsaver Pediatric Course Path

- Child CPR Skills Test
- Infant CPR Skills Test
- First Aid Skills Test
- Adult CPR and AED Skills Test (if teaching Adult CPR AED)

Heartsaver Pediatric CPR AED Course

- Child CPR Skills Test
- Infant CPR Skills Test
- Adult CPR and AED Skills Test (if teaching Adult CPR AED)

Heartsaver Pediatric First Aid Course

- First Aid Skills Test

Babysitter Course Path

- Child CPR Skills Test
- Infant CPR Skills Test
- First Aid Skills Test
- Adult CPR and AED Skills Test (if teaching Adult CPR AED)

Water Safety Course Path

- Child CPR Skills Test
- Infant CPR Skills Test
- First Aid Skills Test
- Adult CPR and AED Skills Test (if teaching Adult CPR AED)

Q: Is there a renewal version of this course?

A: No.

2020 Guidelines Heartsaver® Pediatric Courses Instructor-Led Training (ILT) FAQ



Heartsaver Target Audience

Q: Who is the intended audience for the Heartsaver Pediatric First Aid CPR AED course?

A: Heartsaver Pediatric First Aid CPR AED is intended for those involved in childcare who have a duty to respond to illnesses and injuries in a child or infant in the first few minutes until professional help arrives. This audience includes childcare workers, teachers, foster care workers, camp counselors, youth organizations, and coaches for children's sports organizations. This course is also ideal for parents, grandparents, extended family, babysitters, and guardians.

Course Materials

Q: What materials are available for the Heartsaver Pediatric First Aid CPR AED Course?

A: Materials for these courses are currently available through [ShopCPR](#) or [WorldPoint](#) (for some AHA Training Centers). Materials include:

Student Materials:

- 20-1124 Heartsaver Pediatric First Aid CPR AED Student Workbook (includes Heartsaver Pediatric First Aid Reference Guide, product 20-1131)
- 20-3113 Heartsaver Pediatric First Aid CPR AED Student Workbook eBook (includes Heartsaver Pediatric First Aid Digital Reference Guide, product 20-3119)

Instructor Materials

- 20-1122 Heartsaver Pediatric First Aid CPR AED Instructor Manual
- 20-3112 Heartsaver Pediatric First Aid CPR AED Instructor Manual eBook
- 20-1121 Heartsaver Pediatric First Aid CPR AED Course DVD Set (2-disc)
- 20-1148 Heartsaver Pediatric First Aid CPR AED Course Videos on USB Drive
- 20-1428 Heartsaver Pediatric First Aid CPR AED Digital Course Videos

Cards

- 20-3003 Heartsaver Pediatric First Aid CPR AED eCard

Supplemental Materials

- 20-1131 Heartsaver Pediatric First Aid Reference Guide
- 20-3119 Heartsaver Pediatric First Aid Digital Reference Guide
- 20-1143 Heartsaver Adult CPR AED Wallet Card (100-pack)
- 20-1144 Heartsaver Child & Infant CPR AED Wallet Card (100-pack)
- 20-1145 Heartsaver Child & Infant Choking Wallet Card (100-pack)
- 20-1146 Heartsaver Poster Pack (12-pack)

Course Length

Q: How long are the Heartsaver Pediatric First Aid CPR AED ILT Courses?

2020 Guidelines Heartsaver® Pediatric Courses Instructor-Led Training (ILT) FAQ



A: Approximate times for each version of the Heartsaver Pediatric Courses are listed below (does not include optional topics or breaks):

- Heartsaver Pediatric First Aid CPR AED – Heartsaver course path (3 1/2 hours)
- Heartsaver Pediatric First Aid CPR AED – Heartsaver Total course path (4 3/4 hours)
- Heartsaver Pediatric First Aid CPR AED – Babysitter course path (3 1/2 hours)
- Heartsaver Pediatric First Aid CPR AED – Water Safety course path (3 1/2 hours)

Teaching Heartsaver First Aid CPR AED ILT Courses

Q: Who can teach these courses?

A: 2020 Guidelines Heartsaver Pediatric courses may be taught by AHA BLS and Heartsaver Instructors who have completed their required 2020 Guidelines Instructor Update for Heartsaver and have received and reviewed their 2020 Guidelines Heartsaver Instructor materials.

Q: What resources are available to help Instructors understand the Heartsaver Pediatric Course options and materials?

A: The AHA developed the Heartsaver Product & Course Orientation (P&CO) to help BLS and Heartsaver Instructors understand the new, 2020 Guidelines Heartsaver course design and teaching strategies, and to quickly get up to speed on the latest and most important updates to the Heartsaver course materials. This orientation is available free of charge to Instructors through eLearning.Heart.org (requires login with AHA Instructor Network credentials).

The P&CO provides BLS and Heartsaver Instructors

- Information about new course materials, course curriculum updates, and how the changes impact the way you will teach the Heartsaver courses
- Details, clarification, and direction on various course formats
- Specifics about new Heartsaver course materials
- Steps to incorporate new updates into various course settings

While all BLS and Heartsaver Instructors are strongly encouraged to complete the P&CO before teaching the new course, it is not required. Viewing the P&CO is most helpful if Instructors have new course materials in-hand while viewing.

Additional course materials can be accessed at the AHA Instructor Network Heartsaver page.

2020 Heartsaver Exam

Q: Does the AHA require completion of an exam for Heartsaver courses?

A: No, the AHA does not require completion of an exam for Heartsaver courses. However, the AHA offers an exam for those students whose workplaces or regulatory agencies require the completion of an exam. Before class, Instructors should determine which students need to take the Heartsaver exam. The exam will need to cover all the sections taught in the course.

2020 Guidelines Heartsaver® Pediatric Courses Instructor-Led Training (ILT) FAQ



Q: Are students allowed to access resources when taking the Heartsaver Exam?

A: The AHA has adopted an open-resource policy for exams. Open resource means that students may use resources as a reference while completing the exam. Resources could include the student workbook, either in printed form or as an eBook on personal devices, any notes the student took during the provider course, the AHA Guidelines for CPR and ECC, etc. Open resource does not mean open discussion with other students or the Instructor. Students may not interact with each other during the exam.

Continuing Education (CE) Information

Q: Does the Heartsaver Pediatric First Aid CPR AED ILT Course offer continuing education (CE)?

A: No.