



Topic List for Course and Path Options*

Note: Always check with your organization's requirements to select the course path that meets your needs. If you are not familiar with your organizations requirements, Heartsaver Total covers the most comprehensive list of topics.

Topic	Heartsaver Pediatric	Heartsaver Pediatric Total	Babysitter	Water Safety	Heartsaver 2015
			Recommended topics for these paths		
CPR AED					
Introduction	✓	✓	✓	✓	✓
Child CPR AED [†]	✓	✓	✓	✓	✓
Infant CPR [†]	✓	✓	✓	✓	✓
Adult CPR AED [†]	Optional	Optional	Optional	Optional	Optional
Drug Overdose	Optional	Optional	Optional	Optional	Optional
Choking in Children, Infants, or Adults	✓	✓	✓	✓	✓
First Aid Basics					
Introduction to First Aid	✓	✓	✓	✓	✓
Assessing the Scene and Phoning for Help	✓	✓	✓	✓	✓
Universal Precautions, Exposure to Blood, and Removing Gloves [†]	✓	✓	✓	✓	✓
Washing Hands	✓	✓	✓	✓	✓
Finding the Problem [†]	✓	✓	✓	✓	✓
First Aid Medical Emergencies					
Allergic Reactions (administering an epinephrine injection [†])	✓	✓	✓	✓	✓
Asthma	✓	✓	✓	✓	✓
Diabetes and Low Blood Sugar	Optional	✓	Optional	Optional	✓
Seizure	Optional	✓	Optional	Optional	✓
Heart Attack (video found in the CPR AED section, under Adult CPR AED)	✓	✓	✓	✓	✓
Stroke (video found in the CPR AED section, under Adult CPR AED)	✓	✓	✓	✓	✓
Fainting	Optional	✓	Optional	Optional	✓

(continued)

Topic	Heartsaver Pediatric	Heartsaver Pediatric Total	Babysitter	Water Safety	Heartsaver 2015
			Recommended topics for these paths		
First Aid Injury Emergencies					
External Bleeding (controlling bleeding and bandaging[†])	✓	✓	✓	✓	✓
Shock	Optional	✓	Optional	Optional	✓
Penetrating and Puncturing Injuries	Optional	✓	Optional	Optional	✓
Amputation	Optional	✓	✓	✓	✓
Bleeding From the Nose	Optional	✓	Optional	Optional	✓
Bleeding From the Mouth	Optional	✓	Optional	Optional	✓
Tooth Injuries	Optional	✓	Optional	Optional	✓
Eye Injuries	Optional	✓	Optional	Optional	✓
Internal Bleeding	✓	✓	✓	✓	✓
Concussions	Optional	✓	Optional	Optional	✓
Head, Neck, and Spine Injuries	Optional	✓	Optional	Optional	✓
Broken Bones and Sprains	Optional	✓	Optional	Optional	✓
Splinting	Optional	✓	Optional	Optional	✓
Burns and Electrical Injuries	Optional	✓	Optional	✓	✓
First Aid Environmental Emergencies					
Bites and Stings	Optional	✓	✓	✓	✓
Heat-Related Emergencies	Optional	✓	✓	Optional	✓
Cold-Related Emergencies	Optional	✓	✓	✓	✓
Poison Emergencies	Optional	✓	✓	✓	✓
Water Safety/ Drowning	Optional	✓	✓	✓	✓
Prevention					
Risks of Smoking and Vaping	Optional	✓	Optional	Optional	N/A
Benefits of a Healthy Lifestyle	Optional	✓	Optional	Optional	N/A
Preventing Illness and Injury	Optional	✓	Optional	Optional	✓

*Topic groups vary by course or path.

†Topic requires a skills test.