

An Introduction to Teaching the Standard First Aid, CPR, and AED Course

The Emergency Care & Safety Institute (ECSI) gives you unique resources to customize your course while ensuring coverage of critical life-saving topics and techniques. This ECSI course is consistent with ILCOR recommendations and meets or exceeds the American Heart Association (AHA) guidelines.

Online Instructors Toolkit

To get started you will need the resources from the Standard First Aid, CPR, and AED Online Instructors Toolkit.

[PURCHASE THE ONLINE INSTRUCTORS TOOLKIT →](#)

Once your code has been purchased and redeemed you will have access to the following resources:

- Course Plan
- Instructor's Manual
- Lecture Presentations
- Videos
- Lesson Plans
- Skills Sheets
- Additional Resources
- Test Banks

Course Plan

To familiarize yourself with the course, please review the Course Plan document. Once downloaded you will see the following outlines available:

Core Adult and Child First Aid, CPR, and AED	4 Hours
Core + Infant CPR	5 Hours
Intermediate Standard First Aid, CPR, and AED	6 Hours
Comprehensive Standard First Aid, CPR, and AED (Complete Course)	8 Hours
First Aid Only	5 Hours
CPR and AED Only	3.5 Hours

approximated time

Course Outlines

The Core (4 hour) course covers the most critical life-saving topics needed for certification. The following three schedules build off the Core course. Choosing your own course plan gives you the flexibility to meet the needs of your students. Some students may have better retention in the Core course while others may feel more confident in their skills after completing the Comprehensive course. Newer instructors may feel more secure in teaching the Core course while more experienced instructors may want to do a deeper dive with the Comprehensive course. You can be confident that whichever course you choose, you will encompass the topics and skills required.

Once you are familiar with the course plans, you should download and review the Instructor's Manual. Given that students have different backgrounds, abilities, and learning styles, the Instructor's Manual can help optimize the class experience by providing effective teaching methods for different audiences. By using a combination of lecture-based and active learning, you can best meet the varying needs of your students.



Life-Saving Training. Simplified.

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Lecture-Based Learning

Lecture-based learning is a traditional classroom where you incorporate PowerPoint slides and Videos into your presentation. While you are presenting, students can listen, watch, take notes and copy the teacher's demonstrations.

To ensure the success of lecture-based learning:

- **Keep Lessons Brief:** Students may have short attention spans and might only be able to focus for short periods of time. Keep classroom lectures short and concise to maintain attention and engagement.
- **Allow Time for Questions:** While lecture-based learning is a teacher-centered approach, you can still involve students by making time for questions before, during and after the presentation. This will allow students to engage with the material, comprehend it, and retain it more easily.

Active Learning

Active learning uses a host of techniques to get students more involved. Students who have opportunities to work collaboratively learn faster and more efficiently, have greater information retention, and feel more positive about the learning experience. Your Instructor's Manual discusses different games and activities such as:

- Think-Pair-Share (TPS)
- Round Robin
- Agree/Disagree Tic-Tac-Toe Game
- 20 Questions Game

Skills Practice

While each instructor will customize their course differently, all ECSI Courses will need to practice hands-on skills. To pass the course and receive a course completion card the student must be able to perform the skills from the Skills Sheets. Your Instructor's Manual gives you a list of the supplies needed to complete the skills practice. For skills practice we recommend assigning at most 3 students to each mannequin with no more than 2 mannequins per instructor.

Throughout your instructor career you can continue to customize, tweak, and improve your course. By using the resources provided, you can ensure coverage of the topics and skills needed for certification as your course evolves.

Tips to Continue Improving:

- **Consult with Peers:** Other instructors are a great resource!
- **Gain Feedback From Your Students:** You can find the "ECSI Evaluation Form" under Additional Resources.
- **Be Adaptable:** Stay open to trying different Course Plans and Learning Methods.