

NORTHERN ILLINOIS TRAINING ADVISORY BOARD

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AHA BASIC LIFE SUPPORT, AED/CPR AND HLS HEARTSAVER FIRST AID

Date: November 11, 2025 **Registration Deadline: November 1, 2025**

Times: 0800-1200 hours

Location: Cherry Valley Police Department
806 E State Street
Cherry Valley, Il.

Instructor: Michael Lowe

Member Fee: \$0 Non-MTU Member & Non-Sworn Fee: \$150

This course has been approved by ILETSB for the following mandates:

**Emergency Medical Response Training and Certification – 3.0 hours /1.75 scenario based
Procedural Justice – 1.0 hour**

Objectives: To train participants to save the life of victims in cardiac arrest through high-quality CPR. This course teaches how to perform high-quality CPR individually or as part of a team. Students will learn rescue techniques for adults, children, and infants. This course will also teach the importance of an AED and the appropriate use of an AED. This course also teaches first aid skills to include: basic first aid, medical emergencies, injury emergencies, and environmental emergencies.

Instructor Materials Needed: learning videos, instructor manuals, training AED, training manikins, first aid supplies, cleaning supplies, skills check off lists, and student manuals.

Lecture and Hands On (skills)

- I. Adult BLS
 - a. Adult chain of survival
 - b. Adult BLS
 - c. AED practice
 - d. Bag Mask device

Partial funding provided by Illinois Law Enforcement Training and Standards Board
This is not a Public Meeting.

II. Special Considerations

- a. Mouth to Mouth breaths
- b. Rescue breathing
- c. Breaths with an advanced airway
- d. Practice rescue breathing (hands on)
- e. Opioid associated life-threatening emergencies

III. High-Performance teams

- a. Team dynamics
- b. High performance team's scenario (10 min hands on)

IV. Child BLS

- a. Pediatric chain of survival
- b. 2-rescuer infant CPR

V. Infant CPR

- a. Infant compressions
- b. 2-rescuer infant CPR
- c. AED for infants and children less than 8 years old
- d. Practice single rescuer and 2-rescuer infant CPR (hands on)

VI. Relief of Choking

- a. Adult and Child Choking
- b. Infant choking
- c. Practice relief of choking skills (hands on)

VII. Skills Test

- a. Adult CPR and AED skills test (hands on)
- b. Infant CPR skills test (hands on)

VIII. First Aid

- a. Priorities, roles and responsibilities of first aid rescuers
- b. Key steps in first aids
- c. Remove protective gloves (students demonstrate)
- d. Find the problem (students demonstrate)
- e. Describe the assessments and first aid action for the following:
 - i. Heart attack
 - ii. Difficulty breathing
 - iii. Choking

- iv. Severe bleeding
- v. Shock
- vi. Stroke
- f. Use of epinephrine pen (students demonstrate)
- g. Control bleeding and bandage skills (students demonstrate)
- h. Recognize elements of common injuries
- i. Recognize common elements of illnesses
- j. Complete first aid skills assessment

IX. Closing

- a. Questions
- b. Turn in all paperwork
- c. Clean up stations