



# United Family Healthcare's AHA Heartsaver® Training

United Family Healthcare is an AHA ITC to provide AHA Heartsaver® courses across China. Our qualified and experienced training teams are health care professionals with in depth practical knowledge and skills to train those with little or no medical background, in sound emergency care practices.



Emergency First Response Training saves lives. In the event of an accident or emergency, making the right choices at the right time can be the difference between life and death. Everyone should have basic awareness of emergency and first aid care which consists of Cardio Pulmonary Resuscitation (CPR) and First Aid training.



## United Family Healthcare offers 3 AHA Heartsaver® Courses

United Family Healthcare offers 3 Heartsaver® Courses using the AHA's research-proven practice-while-watching technique. All courses are classroom based, in small group ratios of 6 students to 1 instructor and provide each participant with an official AHA Student Workbook. On successful completion, each participant will receive the appropriate AHA course completion card valid for 2 years. Courses can be provided at the client's location or at a United Family Healthcare Training Center and can be conducted in Chinese and/or English:

- Suitable for those at companies and other organizations, schools, embassies, groups and caregivers with little or no prior medical training.
- All courses can be adult, child, and infant focused.



# 1

## Heartsaver® CPR AED

The Heartsaver® CPR AED course teaches how to recognize cardiac arrest, get emergency care on the way quickly, use cardiopulmonary resuscitation and an AED (Automated External Defibrillator) until more advanced care arrives to take over. The course also covers adult choking, CPR and AED use for children, infant CPR, child and infant choking.

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

- 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 an adult
- Describe how to perform CPR with help from others
- Give effective breaths using mouth-to-mouth or using a mask for all age groups
- Demonstrate how to use an AED on an adult
- Describe when and how to help a choking adult and child

# 2

## Heartsaver® First Aid

This course covers first aid basics, consisting of the most common medical, injury and environmental emergencies, how to recognize them, how to call for help, and how to perform lifesaving skills.

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

- List the priorities, roles, and responsibilities of first aid rescuers
- Describe the key steps in first aid
- Find the problem
- Describe the assessment and first aid actions for medical emergencies such as breathing problems, choking, bad allergic reactions, fainting, diabetic emergency, stroke, seizure, and shock
- Handle injury and environmental emergencies, including external bleeding, broken bones and sprains, bites and stings, and poisoning
- Use an epinephrine pen
- Control bleeding and bandage
- Describe how to find information on preventing illness and injury

# 3

## Heartsaver® First Aid & CPR AED

Heartsaver® First Aid and CPR AED combines the course content and objectives of both courses outlined above.

## First aid equipment

Our instructors can help you assess what equipment you require based on your facility size and its members. We provide First Aid kits and AEDs (Automated External Defibrillators) for purchase. Please reach out to your UFH consultant for the cost schedule.



| Schedule of fees                    |             |          |                    |            |
|-------------------------------------|-------------|----------|--------------------|------------|
| Course Name                         | Group Size* | Duration | Language           | Fee in CNY |
| AHA Heartsaver® CPR AED             | 6           | 4 hours  | Chinese or English | 5,000      |
| AHA Heartsaver® First Aid           | 6           | 4 hours  | Chinese or English | 5,000      |
| AHA Heartsaver® First Aid & CPR AED | 6           | 8 hours  | Chinese or English | 7,500      |
| AHA Heartsaver® First Aid & CPR AED | 12          | 8 hours  | Chinese or English | 14,000     |

\* Group sizes are maintained in multiples of 6.

## Terms & Conditions

- All fees stated are in Chinese Yuan (CNY) and include taxes.
- Use of AHA materials in an educational course does not represent course sponsorship by the American Heart Association. Any fees charged for such a course, except for a portion of fees needed for AHA course materials, do not represent income to the Association.
- Course costs above include textbook and certificate fees.
- The purchaser undertakes all coordination, flight, accommodation, and equipment transportation costs.
- United Family Healthcare reserves the right to make all final decisions and interpretations of this offer.