

CPR General public

1 LIST OF CONTENTS AND ACTIVITIES

CPR (CARDIO-RESPIRATORY RESUSCITATION) AND CRT (CHOKING RELIEF TECHNIQUE)	
Title of the lesson	Duration (in min.)
MODULE 1 – INTRODUCTION	17
EVALUATION 1 – INTRODUCTION	8
MODULE 2 – APPROACH AND PRIMARY EXAMINATION	12
EVALUATION 2 – APPROACH AND PRIMARY EXAMINATION	8
MODULE 3 – CHEST MASSAGE	15
EVALUATION 3 – CHEST MASSAGE	8
MODULE 4 – VENTILATIONS	12
EVALUATION 4 – VENTILATIONS	8
MODULE 5 – DEFIBRILLATION	9
EVALUATION 5 – DEFIBRILLATION	8
MODULE 6 – SOME SPECIAL CASES	3
EVALUATION 6 – SOME SPECIAL CASES	5
MODULE 7 – DEMONSTRATIONS AND PRACTICES	60
MODULE 8 – CHOKING RELIEF TECHNIQUE	9
EVALUATION 7 - CHOKING RELIEF TECHNIQUE ADULTS/CHILDREN	8
EVALUATION 8 - CHOKING RELIEF TECHNIQUE AMONG INFANTS	5
TOTAL MINUTES OF TRAINING	(195)
3 BREAKS PERIODS RECOMMENDED	(45)

IMPORTANT :

Take note that the duration of lessons can differ from one candidate to another due to the ability of the reader to integrate the various theorems and contents taught.