

CPR 12 to 18 years old

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	8
EVALUATION 1 – INTRODUCTION	4
MODULE 2 – APPROACH AND PRIMARY EXAMINATION	8
EVALUATION 2 – APPROACH AND PRIMARY EXAMINATION	4
MODULE 3 – CHEST MASSAGE	8
EVALUATION 3 – CHEST MASSAGE	4
MODULE 4 – DEFIBRILLATION	6
EVALUATION 4 – DEFIBRILLATION	4
MODULE 5 – DEMONSTRATIONS AND PRACTICES	46
MODULE 6 – CHOKING RELIEF TECHNIQUE	6
EVALUATION 5 – CHOKING RELIEF TECHNIQUE ADULTS/CHILDREN	5
EVALUATION 6 – CHOKING RELIEF TECHNIQUE AMONG INFANTS	2
TOTAL MINUTES OF TRAINING	(105)
1 BREAKS PERIODS RECOMMENDED	(15)

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.