

A Collaborative Program



Description for CPR Certification Course:

Weymouth Fire Department and Weymouth Public Schools have a mission of creating and maintaining a Heartsaver community. Experienced Basic Life Support (BLS)

Instructors from the Weymouth Fire Department frequently teach Heartsaver First Aid, CPR; AED courses to community members, town employees, as well as students in pursuit of a safer town.

Description: The American Heart Association (AHA) Heartsaver First Aid, CPR & AED program is a classroom, video-based and instructor-led course that teaches students critical skills needed to respond to and manage a first aid, choking or sudden cardiac arrest emergency in the first few minutes until emergency medical services arrive. Students learn skills such as how to treat bleeding, sprains, broken bones, shock and other first aid emergencies. This course also teaches adult, child, and infant CPR and AED use.

Who Should Take This Course? This class is designed for individuals with limited or no medical training, who need a CPR and First Aid certification to meet a job requirement or for personal reasons. This class is perfect for parents, babysitters, fitness instructors, educators, childcare professionals, coaches, camp counselors, etc.

Course Content:

- First aid basics
- Medical emergencies
- Injury emergencies
- Environmental emergencies
- Preventing illness and injury
- Adult, Child & Infant CPR and AED use
- Opioid-associated life-threatening emergencies

Certification: Upon completion of this 4-hour Heartsaver First Aid, CPR & AED program each student will receive a certification card from the American Heart Association that lasts 2 years.