

**CPR Plus® CPR & AED Lesson Plan
With Optional Lessons Included**

Student-instructor ratio 6:1 student-manikin ratio 3:1

Total time: Approximately 4.5 hours (Includes 5-minute breaks after each module)

Teach Time	Module 1: Adult CPR & AED (Required)
10 Minutes	Lesson 1: Course Introduction A. What is CPR & Why is it Important? B. Defining Cardiac Arrest C. Managing a Medical Emergency – Universal Steps D. Chain of Survival
30 Minutes	Lesson 2: Adult CPR A. Scene Safety and Assessment B. Chest Compressions C. Rescue Breathing (Mouth-to-Mouth) D. Rescue Breathing (Pocket Mask)
30 Minutes	Lesson 3: Use an AED (Adult) A. AED Demonstration B. AED Special Considerations C. AED Practice D. Scenario Based Skills Practice
15 Minutes	Lesson 4: Adult CPR and AED Skills Test
	Module 2 Child CPR & AED (Required)
10 Minutes	Lesson 1: Child CPR & AED Introduction A. How Cardiac Arrest Occurs in Children B. Review of Child CPR & AED Considerations
30 Minutes	Lesson 2: Child CPR A. Scene Safety and Assessment B. Chest Compressions C. Rescue Breathing (Mouth-to-Mouth) D. Rescue Breathing (Pocket Mask)
20 Minutes	Lesson 3: Use an AED (Child) A. Child AED Considerations B. Scenario Based Skills Practice
15 Minutes	Lesson 4: Child CPR Skills Test
20 Minutes	Module 3: Choking Victims (Required)
	Lesson 1: Choking Victims A. Conscious B. Unconscious C. Children D. Special Considerations
	Module 4: Infant CPR (Optional)
10 Minutes	Lesson 1: Infant CPR Introduction

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20 Minutes	Lesson 2: Infant CPR A. Scene Safety and Assessment B. Chest Compressions C. Rescue Breathing (Mouth-to-Mouth) D. Rescue Breathing (Pocket Mask)
15 Minutes	Lesson 3: Scenario Based Skills Practice
15 Minutes	Lesson 4: Infant CPR Skills Test
10 Minutes	Lesson 5: Infant Choking A. Conscious B. Unconscious
5 Minutes	Lesson 6: Course Conclusion