



## KING COUNTY FIRE DISTRICT #2

900 SW 146<sup>th</sup> St  
Burien, WA 98166  
206-242-2040  
[info@king2fd.org](mailto:info@king2fd.org)

# CPR Course Offerings

See [www.burienfire.org](http://www.burienfire.org), under **Resources, CPR Classes** for dates, times and location of classes.  
Contact is, [CPR-info@king2fd.org](mailto:CPR-info@king2fd.org)

### Class Option 1: Blended Learning (Hybrid) Course

- Students can purchase the e-learning course at,
  - <https://shopcpr.heart.org/heartsaver-basic-heartsaver-first-aid-cpr-aed-online>
- After certificate of completion is attained in the e-learning course, students shall schedule an in-person skills test/demonstration (approximately 1hr to 1.5hrs) hosted by KCFD #2's AHA Instructor. Students shall come prepared since the allotted time is for skills testing and not teaching.
  - Email scheduling requests to [CPR-info@king2fd.org](mailto:CPR-info@king2fd.org)

### Class Option 2: In-Person Class

- Heartsaver First Aid CPR AED Outline for the Heartsaver Course Path to be followed.
  - Adult CPR AED Intro
  - Adult CPR (Scene safety, Chest compressions, Giving breaths)
  - Use an AED on Adults (Use of AED, Putting it all together)
  - Adult CPR/AED Conclusion
  - Adult CPR and AED Skills Test
  - ...
  - Adult Choking
- Similar steps for Child/Infant CPR as above

Above is a sample outline from the AHA for the in-person class. Class duration is approximately 3-4 hours.

Classes will consist of a mix: Videos, lecture and practical/hands-on training.

The classes will address all CPR portions first, and be followed up by foreign body airway obstructions (i.e., choking).

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### **In-Person Class Outline for the Day:**

- Introduction/Sign-ins
- Good Sam Laws
- Heart Attack vs Cardiac Arrest
- CPR (Adult)
- Defib/AED Use
- CPR (Child/Infant)
- Choking
- First Aid Bonus Coverage (full course or overview of their aid kits/defib/epi)
- Quick Review/Questions/Remedial (if necessary)

*E-cards are ordered, and sent to participant emails in approximately one (1) week.*