



August 1, 2011

To Whom It May Concern:

This letter is to inform you that all National Safety Council texts used to teach First Aid and cardiopulmonary resuscitation (CPR) meet the 2010 American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care.

The National Safety Council not only reflects the Guidelines in our texts, but we also had a hand in the development of these Guidelines. The National Safety Council was an integral part of the International First Aid Science Advisory Board in 2005 and 2010. This group reviewed and evaluated science as part of a 5-year evidence evaluation process. Evidence evaluation worksheets were included in the International Consensus on Cardiopulmonary Resuscitation (CPR) and Emergency Cardiac Care (ECC) Science with Treatment Recommendations. These documents formed the foundation for not only the AHA Guidelines, but also for the guidelines developed by resuscitation councils worldwide.

The current lay rescuer CPR & AED course for adults, infants and children is 3.25 instructional hours, 100 minutes of which is instruction and simultaneous practice with manikins. The lay rescuer CPR & AED course for adults is 2.75 hours. Additionally, all lay rescuer CPR & AED courses include skills practice and testing in conducting an initial assessment, placing someone in the recovery position, proper removal of medical exam gloves and choking care for responsive victims. The current First Aid course is 4 hours and 30 minutes of instruction and includes skills practice and testing in how to stop bleeding, applying a pressure bandage, positioning for shock, spinal motion restriction, and applying an arm sling. Our CPR course for health care and professional rescuers is 4 instructional hours with optional hours of instruction in suctioning, airway adjuncts, use of bag valve masks and oxygen administration.

I hope this information is helpful. If you have additional questions about our courses and products, please feel free to contact me directly.

Yours truly,

Barbara Caracci  
Director of Program Development and Training