



The American Heart Association's Heartsaver First Aid with CPR and AED Training with the Special Medical Concerns and Emergencies for Boaters[©] supplement, includes:

- **CPR for Adults and Children (Mouth-to-Mouth and Mouth-to Mask)**
- **Automatic External Defibrillator (AED) training for Adults and Children**
- **First Aid Basics**
 - Calling for Help
 - On Land
 - On Water *
 - First Aid Kits for:
 - Home
 - Day Trips (<2 Hours from EMS)*
 - Near Shore (2 – 4 Hours from EMS)*
 - Off Shore (4 – 6 Hours from EMS)*
 - Blue Water cruising (6 – 12 hours from EMS)*
 - Ocean crossing (>12 hours from EMS)*
- **Medical Emergencies**
 - Breathing and Choking Problems
 - Severe Allergic Reactions (Anaphylactic Shock)
 - Heart Attack
 - Stroke
 - Fainting
 - Diabetes & Low Blood Sugar
 - Seizures
 - Shock
- **Injury Emergencies**
 - Bleeding
 - Wounds
 - Head, Neck and Spine Injury
 - Broken Bones and Sprains
 - Burns and Electrocution
 - Lightning Strikes*

- **Environmental Emergencies**
 - Bites and Stings
 - Snake Bites
 - Heat and Cold Related Emergencies
 - Poisoning

- ***Special Medical Concerns and Emergencies for Boaters®***
 - Carbon Monoxide Exposure
 - Use of Narcan™ for Opioid Overdose
 - Near Drowning and Hypothermia
 - Electric Shock Drowning (ESD)
 - Sunburn
 - Seasickness
 - Jellyfish Stings
 - Critical Medical Information
 - First Aid Equipment
 - Recommended AEDs
 - Recommended First Aid Kits
 - U.S. Federal Maritime Law

* **Special Medical Concerns and Emergencies for Boaters®** - This portion of the training was developed by Capt. James A. Brown, MD (USCG Licensed Master)

Upon successful completion of the course, students will receive an American Heart Association Course Completion Card in CPR & First Aid. These certifications meet the USCG requirements their Captain's License.

This course is presented by:

Safety Institute of Maryland™

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