



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
- 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
- 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 and member of the Rockville Sail & Power Squadron)

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

This course is presented by:

Safety Institute of Maryland™
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