



ASHI Basic First Aid

ASHI *Basic First Aid* was created to help students develop basic first aid knowledge, skills, and the confidence to respond. The program is an excellent choice for both the community and workplace setting, and is consistent with recommendations of the 2010 National First Aid Science Advisory Board and OSHA's best practices for first aid training programs in the workplace.

Intended audience

Individuals who require or desire elementary first aid knowledge and skills; including emergency response teams in business and industry, school bus drivers, adult residential care personnel, child care workers, teachers, parents, and babysitters.

Class options

None (covers all ages)

Class configurations

- Max student to Instructor ratio: 10 to 1
- Recommended student to equipment ratio: 3 to 1

ASHI-approved training materials

- ASHI Basic First Aid Student Handbook (one per participant, print or digital)
- ASHI Basic First Aid Instructor Guide (one per Instructor, print or digital)
- ASHI Basic First Aid media presentation (program video, PowerPoint®, or computer/online blended class)

Course topics

- First Aid Provider—Legal Considerations
- Recognizing an Emergency
- Deciding to Help
- Personal Safety
- Disease Transmission
- Universal Precautions
- Emergency Medical Services (EMS)
- Primary Assessment
- Recovery Position
- Compression-only CPR
- Secondary Assessment
- Ongoing Assessment
- Control of Bleeding
- Internal Bleeding
- Managing Shock
- Amputation
- Impaled Object
- Open Chest Injury
- Open Abdominal Injury
- Head, Neck, or Back Injury
- Brain Injury
- Swollen, Painful, Deformed Limb
- Eye Injuries
- Nosebleed
- Injured Tooth
- Burns
- Stroke
- Diabetic Emergencies
- Seizure
- Asthma
- Severe Allergic Reaction
- Pain, Severe Pressure, or Discomfort In Chest
- Severe Abdominal Pain
- Pregnancy Complications
- Poisoning
- Bites and Stings
- Heat Emergencies
- Cold Emergencies
- Emergency Moves
- Emotional Considerations

Successful completion (certification)

- *Written evaluation:* Required when specified by organizational, local, or state regulation. It is recommended for designated responders with a duty or employer expectation to respond in an emergency and provide first aid care.
- *Performance evaluation:* All students must perform required skills competently without assistance.

Recognized certification period

Up to 2 years

Recommended time to complete

Initial training: 2–2.5 hours

Renewal training: Less than initial instructional time

Combine with

- *CPR and AED*

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