

First Aid Masterclass: Complete Emergency Response Guide

Learn CPR, choking relief, bleeding control, and life-saving skills for adults, children, and infants. Built for everyday people who want to be prepared.

Health Instructor: Derek Simmons • 5 sections • 52 lessons • 14.50h total

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About this course

Most medical emergencies don't happen in hospitals. They happen at home, at work, on the road, or at the park. And in those first few minutes before professional help arrives, what you do can mean the difference between a full recovery and a tragedy. Yet the majority of people have never practiced CPR, don't know how to control severe bleeding, and would freeze if someone started choking right in front of them.

This course changes that. You'll learn practical, step-by-step emergency response skills from scene safety and basic wound care all the way through CPR, AED use, infant emergencies, and multi-casualty triage. Every lesson uses clear demonstrations, real-world case breakdowns, and guided practice drills so the knowledge actually sticks when you need it. Whether you're a parent, teacher, office worker, or outdoor enthusiast, this is the training that prepares you to act confidently when seconds count.

Course curriculum

First Aid Foundations

- **What First Aid Actually Is (and Why Most People Get It Wrong) (12m)**
We clear up common misconceptions, explain the real purpose of first aid, and talk about the golden window of time where your actions matter most.
- **Building Your First Aid Kit: Home, Car, and Workplace (22m)**
A detailed walkthrough of what to include in three different kits, why each item matters, and how to check expiration dates and restock efficiently.
- **Scene Safety: The Step You Must Never Skip (15m)**
How to assess a scene for danger before you help anyone, including traffic, electrical hazards, chemical exposure, and hostile environments.
- **The ABCs: Airway, Breathing, and Circulation (18m)**
A clear breakdown of the primary survey sequence. You'll learn how to check responsiveness, open an airway, and look for signs of breathing and circulation.
- **How to Call Emergency Services and What to Say (10m)**
What information dispatchers need, how to stay calm on the call, and common mistakes that waste critical seconds.
- **Legal Protections: Good Samaritan Laws and Consent (14m)**
Understanding when you're protected legally, how to ask for consent from a conscious victim, and what implied consent means for unconscious patients.
- **Personal Protective Equipment for First Responders (11m)**
Gloves, face shields, and pocket masks. When to use them, how to put them on quickly, and why barrier devices matter for both you and the patient.
- **Section 1 Review: Foundations Quiz and Key Takeaways (8m)**
A short review of everything covered so far, with a self-check quiz and a summary of the core principles to carry into the rest of the course.

Everyday Emergencies: Hands-On Basics

- **Cuts, Scrapes, and Minor Wound Care (16m)**
Proper cleaning, when to use butterfly strips or liquid bandages, signs of infection to watch for, and when a cut actually needs stitches.
- **Burns: From Kitchen Splashes to Serious Injuries (20m)**
How to classify burns by depth and size, immediate treatment steps for each type, and the home remedies that actually make things worse.
- **Nosebleeds: The Right Way to Stop Them (8m)**
Why tilting your head back is wrong, the correct pinch-and-lean technique, and when a nosebleed signals something more serious.
- **Sprains, Strains, and Fractures: Telling Them Apart (18m)**
How to distinguish a sprain from a break, immediate RICE protocol steps, basic splinting techniques, and when to head straight to the ER.

- **Recognizing Allergic Reactions Before They Escalate (22m)**
The difference between mild and severe reactions, how anaphylaxis progresses, epinephrine auto-injector use, and what to do if someone doesn't have one.
- **Choking Response for Adults: The Heimlich Maneuver (15m)**
Step-by-step guide to abdominal thrusts for a choking adult, how to tell the difference between mild and severe airway obstruction, and what to do if the person becomes unconscious.
- **Shock: What It Looks Like and What to Do (14m)**
Recognizing the early signs of shock, the types of shock you're most likely to encounter, and the positioning and comfort measures that buy time.
- **Eye Injuries, Embedded Objects, and Dental Emergencies (16m)**
What to do when something gets in the eye, how to handle objects stuck in a wound, and how to manage a knocked-out tooth on the way to the dentist.
- **Heat Exhaustion, Heatstroke, and Hypothermia (18m)**
How to recognize temperature-related emergencies, immediate cooling and warming techniques, and the critical differences between heat exhaustion and heatstroke.
- **Section 2 Review: Everyday Emergencies Practice Scenarios (12m)**
Walk through three realistic scenarios and decide which skills to apply. Includes a self-assessment checklist to identify areas to revisit.

Life-Saving Skills

- **Hands-Only CPR: The Method Anyone Can Learn (15m)**
When hands-only CPR is the right choice, correct hand placement and compression depth, and the rhythm that keeps blood flowing to the brain.
- **Full CPR with Rescue Breaths for Adults (22m)**
The 30:2 compression-to-breath ratio, how to create a proper seal, and when to switch from hands-only to full CPR.
- **Using an AED: Step by Step with Confidence (18m)**
How automated external defibrillators work, the voice prompts you'll hear, pad placement for adults, and why you should never hesitate to use one.
- **CPR and AED Combined: Full Cardiac Arrest Response (25m)**
A complete practice run from recognizing cardiac arrest through calling for help, starting compressions, using the AED, and continuing until EMS arrives.
- **The Heimlich Maneuver for Children (Ages 1-8) (12m)**
How the technique changes for smaller bodies, modified thrust positioning, and what to do if the child becomes unresponsive.
- **Choking Response for Infants Under One Year (16m)**
The back blow and chest thrust technique for infants, how to hold them safely, and when to call for emergency help.
- **Controlling Severe Bleeding: Direct Pressure and Wound Packing (20m)**
How to apply effective direct pressure, the basics of wound packing for deep lacerations, and using hemostatic gauze when available.

- **Tourniquet Application: When and How (18m)**

The situations that require a tourniquet, proper placement and tightening, improvised options when a commercial tourniquet isn't available, and marking the time.

- **Heart Attack and Stroke Recognition: Updated 2026 Guidelines (22m)**

The current signs and symptoms to watch for, the FAST method for stroke identification, what to do while waiting for EMS, and how 2026 guideline updates affect early response.

Special Populations and Situations

- **Infant and Baby First Aid: The Critical Differences (20m)**

Why babies aren't just small adults. Covers anatomical differences that change how you assess, position, and treat infants in an emergency.

- **Infant CPR: Full Technique Walkthrough (18m)**

Two-finger compressions, gentle rescue breaths, and how to coordinate compressions and breaths for a baby under one year old.

- **Fever Emergencies in Infants and Young Children (14m)**

When a fever becomes dangerous, age-specific temperature thresholds, medication dosing basics, and febrile seizure response.

- **First Aid for the Elderly: Falls and Fracture Risks (16m)**

How to assess a fall victim, why hip fractures are especially serious in older adults, safe movement decisions, and preventing secondary injuries.

- **Medication Reactions and Overdose in Older Adults (18m)**

Common medication interactions that cause emergencies, recognizing signs of overdose, and what information to gather for paramedics.

- **Heat and Cold Exposure in Vulnerable Populations (12m)**

Why children and the elderly are more at risk, adjusted treatment approaches, and environmental modifications that help during transport to care.

- **Diabetic Emergencies: Hypoglycemia and Hyperglycemia (20m)**

How to tell low blood sugar from high, the role of glucose tablets and glucagon kits, and when the situation requires immediate EMS.

- **Seizure Response: What to Do and What Never to Do (15m)**

Protecting the person during a seizure, timing it correctly, the recovery position afterward, and the myths that put people at risk.

- **Mental Health First Aid: Panic Attacks and Acute Anxiety (22m)**

Grounding techniques, how to talk someone through a panic attack, recognizing when anxiety masks a medical emergency, and maintaining your own composure.

- **Crisis De-escalation and Emotional First Aid (18m)**

Verbal and non-verbal techniques for calming a distressed person, understanding fight-or-flight behavior, and knowing your limits as a bystander.

- **Wilderness and Remote-Scene First Aid Essentials (25m)**

What changes when help is hours away. Covers improvised splints, managing injuries with limited supplies, evacuation decisions, and environmental hazards.

- **Section 4 Review: Complex Scenarios and Decision-Making (14m)**

Work through three multi-layered scenarios that combine special populations with urgent injuries.
Practice prioritizing actions under pressure.

Mastery and Real-World Readiness

- **Multi-Casualty Triage: Who Gets Help First (22m)**

The START triage system, how to quickly assess multiple victims, color-coded categories, and making hard choices when resources are limited.

- **Triage Practice: Three Multi-Victim Scenarios (28m)**

Apply triage principles to a car accident, a workplace incident, and a community event emergency. Walk through each decision with guided feedback.

- **Emergency Action Plans for Families (20m)**

How to create a family emergency plan, assign roles, practice drills with children, and keep communication and supplies organized.

- **Emergency Action Plans for Schools and Workplaces (24m)**

Building an organizational response plan, designating first aid leads, mapping AED locations, and running effective practice drills.

- **Scenario Drill: Home Kitchen Emergency (15m)**

A timed walkthrough of a realistic kitchen burn and cut scenario. You'll practice assessment, treatment, and decision-making from start to finish.

- **Scenario Drill: Playground Injury (15m)**

Respond to a child who has fallen from playground equipment. Covers head injury assessment, spinal precaution decisions, and parent communication.

- **Scenario Drill: Cardiac Arrest at the Office (18m)**

From recognizing collapse through CPR, AED use, and handoff to EMS. A full-response practice scenario with timing targets.

- **Scenario Drill: Car Accident on the Highway (20m)**

Scene safety with traffic, assessing multiple victims, controlling bleeding, and coordinating with other bystanders while waiting for rescue teams.

- **Self-Assessment: Testing Your Skills Under Pressure (12m)**

A structured self-evaluation covering all core skills, with clear benchmarks for competency and honest guidance on where to practice more.

- **Building a Community Response Mindset (16m)**

How to encourage others around you to learn first aid, organize neighborhood response groups, and create a culture of preparedness without being pushy.

- **Certification Paths: What's Available in 2026 (14m)**

An overview of major first aid and CPR certification programs, what each one covers, costs, renewal requirements, and how to choose the right one.

- **Staying Current: Guideline Updates and Continuing Education (12m)**

How first aid guidelines evolve, where to find official updates, and practical habits for keeping your knowledge sharp between certifications.

- **Course Wrap-Up: Pulling It All Together** (10m)

A final summary of the complete first aid skill set you've built, a printable quick-reference checklist, and the key habits that keep you ready.

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