

**June 7, 2022**

National Safety Council cardiopulmonary resuscitation (CPR) courses meet the *2020 American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care*.<sup>1</sup> NSC first aid courses also meet the *2020 American Heart Association and American Red Cross Guidelines for First Aid*.<sup>2</sup> Both of these 2020 documents represent the latest guidelines for CPR and First Aid. This covers all NSC First Aid courses, including FA, CPR & AED variations, Basic Life Support for Health Care and Professional Rescuers and Advanced First Aid and Basic Life Support for Health Care and Professional Rescuers.

All NSC courses are taught by authorized instructors. Our instructors have completed an approved NSC Instructor Development Course (which includes classroom skills evaluation) or they have been approved through our Alternate Route to Instructor Authorization (ARIA) program by documenting proof of current instructor authorization through another nationally-recognized training program, such as the American Heart Association or the American Red Cross.

Completion cards are issued to participants who successfully complete the courses. **Successful completion of NSC First Aid and CPR courses include meeting cognitive and skills objectives.** Hands-on skills practice and evaluation is **mandatory** in all NSC CPR and BLS courses.

NSC was an integral part of the International Liaison Committee on Resuscitation (ILCOR) for authoring the *2015 International Consensus on Cardiopulmonary Resuscitation (CPR) and Emergency Cardiac Care (ECC) Science with Treatment Recommendations (CoSTR)*. This document is the foundation for the AHA Guidelines, and the guidelines developed by resuscitation councils worldwide. *NSC courses are the only nationally recognized program to exceed OSHA best practices for first aid.*

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

Sincerely,



**Michelle A. Jarnutowski**

Director

First Aid and Emergency Preparedness

<sup>1</sup> American Heart Association Guidelines for CPR & Emergency Cardiovascular Care (2020).

Available at: <https://eccguidelines.heart.org/index.php/circulation/cpr-ecc-guidelines-2/>

<sup>2</sup> American Heart Association and American Red Cross Guidelines for First Aid (2020).

Available at: <https://professional.heart.org/en/science-news/2020-aha-arc-focused-update-for-first-aid>