

Heartsaver[®] for MENA*: First Aid CPR AED

Train with the American Heart Association[®] — the gold standard in lifesaving education.

WHO SHOULD TAKE HEARTSAVER FOR MENA: FIRST AID CPR AED TRAINING?

For anyone in the Middle East & North Africa (MENA) region with little or no medical training who needs an official course completion card for work, regulatory, or licensing requirements. It's also ideal for anyone who simply wants to be prepared to respond in an emergency—at work, at home, or in the community.

WHAT WILL YOU LEARN?

Emergency Preparedness: How to respond to common first aid emergencies, choking incidents, and opioid-related emergencies.

Lifesaving CPR and Automated External Defibrillator (AED) skills: Adult, with optional child & infant modules.

Medical, Injury & Environmental Emergencies: Recognition and response for heart attack, stroke, breathing problems, bleeding, burns, broken bones, bites, stings, overdose, heat- and cold-related emergencies, and more.

Active Learning: Short in-person or online lessons with interactive questions and activities.

Confidence Through Practice: Expert-led skills sessions to verify competence and boost confidence.



TRAINING FORMATS (SAME OBJECTIVES, SAME CARD)

BLENDDED LEARNING

Complete concise online lessons anywhere, then finish with a focused, hands-on practice and testing session with an American Heart Association Heartsaver Instructor.

CLASSROOM TRAINING

Classroom experience featuring group interaction and hands-on coaching and feedback from an American Heart Association Instructor.

*The Heartsaver for MENA course is designed for anyone based in the Middle East & North Africa who needs Heartsaver training for their job requirements. This course covers the Heartsaver curriculum, with adaptations that account for cultural sensitivities.

COURSE TOPICS

- Adult CPR and AED use, with optional child and infant modules
- Choking relief for adults, children, and infants
- First aid and responding to medical, injury, and environmental emergencies
- Prevention strategies, including repetitive stress injuries and mental health crisis recognition
- Identify and learn to respond to a heart attack or stroke
- Drowning prevention and critical action steps when someone has drowned
- Opioid-associated, life-threatening emergencies (Optional)
- Available in two course paths: **Heartsaver Total and Heartsaver Basic***



WHY CHOOSE THE AMERICAN HEART ASSOCIATION?

Trusted Science & Gold Standard Quality

- Based on the 2025 American Heart Association Guidelines for CPR & Emergency Cardiovascular Care (ECC)
- Real-world research and global collaboration to help improve survival rates at work, home and in the community
- Science transformed into clear, actionable, standardized training.

Scalable, Flexible & Customized Delivery

- Easy onboarding with support tailored to both organizations and individuals.
- Customizable training solutions that align with workplace requirements, regulatory standards, and employee learning needs.

Operational & Learner Impact

- Backed by decades of American Heart Association leadership in resuscitation science and heart-health advocacy.
- Designed for industries, schools, and organizations of all sizes to maximize efficiency and confidence.



*Before purchasing this course, please check your workplace regulatory requirements; Heartsaver® Total or Basic First Aid CPR AED Online (International English) may be required.

For more information, visit international.heart.org or contact your regional AHA office.