



Birmingham Regional Emergency Medical Services System
1114 16th Street South
Birmingham, Alabama 35205
(205) 934-2595
www.bremss.org



Directions for taking the American Heart Association (AHA) Heartsaver® First Aid course

Heartsaver First Aid Online is a self-directed course that uses interactive lessons and videos to teach you comprehensive first aid knowledge. This program is for anyone with limited or no medical training who needs an AHA course completion card. You will learn: First aid basics, Medical emergencies, Injury emergencies, Environmental emergencies.

First Aid instruction includes bandaging, bleeding, wounds, choking, shock, seizure, fainting, broken bones, sprains, burns, bites, stings, poison, and temperature-related conditions, to name a few.

This course does not include CPR or the use of an AED. Most students taking this course will already have a current CPR card.

Course cost: \$20

[Click here to access the Heartsaver® First Aid course.](#)

The course will take about 4.00 hours online to complete.

When you complete the **Heartsaver® First Aid Online**, print the certificate and call our office to schedule a skills check at 205-934-2595 or email bremssctc@uab.edu. Skills checks can be done Monday – Friday between 8:30 a.m. – 12:00 p.m. depending on instructor availability, but you must have an appointment. The skills checks will be done at the BREMSS office (address above). There is plenty of free parking in the gravel parking lot beside the building. The skills check will be done on an individual basis and will only take about 15-20 minutes of your time. The cost of the skills check is \$35.00, payable only with a check, money order, debit or credit card. **NO CASH!**

The American Heart Association Heartsaver® First Aid card will be emailed to you immediately upon successful completion of the skills check off.

Please call if you have any questions.