




Differences Between First Aid/CPR/AED Training Programs

Certifying Organization	American Heart Association (AHA) 	American Red Cross (ARC) 	Health & Safety Institute (HSI) 
Background	Researches and sets guidelines for CPR.	Use guidelines set forth by AHA.	Equivalent to training programs developed and administered by the AHA and the ARC.
Class Length	AHA CPR classes are typically shorter.	Used to be longer than AHA. With the updated 2020 guidelines, they are about the same.	CPR AED trainings are the same as AHA and ARC. Those that include First Aid are longer than AHA and ARC.
Class Options	Full classroom or online learning w/in-person skills session.	Full classroom or online learning w/in-person skills session.	Full classroom or online learning w/in-person skills session.
Price	Slightly less expensive than ARC.	Most expensive.	Most cost-efficient.
Certification Acceptance	Most universally accepted.	More selective. Check with your program requirements.	Widely accepted. Check with your program requirement to confirm.
Certification Distribution	Will be emailed to participants.	Can be emailed to participants. Client POC will be provided a master PDF.	Can be emailed to participants. Client POC will be provided a master PDF.

Successful completion of all courses results in a two-year certification card.



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