

# Preparedness, Health and Safety Training Catalog

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First Aid and CPR/AED, Aquatics, AEDs, Emergency Preparedness, Babysitting, Youth and Family Safety

**[redcross.org/training](https://redcross.org/training)**



**American  
Red Cross**

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*All courses are approved by the American Red Cross Scientific Advisory Council (SAC) to help assure the latest scientific, educational and technical information is incorporated.*

*Prices and availability are subject to change.*



## Why Choose Red Cross Training?

### Value

- 2-year certification and choice of digital or print course materials for many courses
- Most digital materials are free — download them at [redcross.org/training](http://redcross.org/training)

### Quality and Convenience

- Learner-centered courses emphasize hands-on skills
- Web-based training management system lets authorized providers distribute participant certificates quickly and efficiently
- Online ordering and a dedicated website for instructor resources

### Comprehensive Training Options

- Wide selection of courses, plus preparedness materials, training supplies, AEDs, first aid kits and more
- Continuing education units available for many courses (see back cover of catalog or visit [redcross.org/store](http://redcross.org/store))

## Train When, Where and How You Want

Option	Description	Benefit
<b>Community setting</b>	Send individuals to training at your local chapter or other community locations	Ideal when only a few individuals need training
<b>Full service</b>	A Red Cross instructor brings all supplies and trains at your facility	Saves time and effort; instructors available for day, evening and weekend training
<b>Web-based blended learning</b>	Initial training is completed online, followed by instructor-led skills practice and assessment	Participants complete online portions at their convenience and at their own pace; skills reinforced during instructor-led session
<b>Authorized provider*</b>	Select employees are trained as Red Cross instructors and deliver training onsite	Flexible scheduling; instructors are familiar with employees and procedures

\* For those training more than 150 people per year.

## You Are:

## Typical Training Options:

A business of any size or number of locations; individuals who need training to meet a job requirement	First Aid/CPR/AED • Administering Emergency Oxygen • CPR/AED for Professional Rescuers and Health Care Providers • Bloodborne Pathogens Training
A business with employees in a wilderness/remote environment	First Aid/CPR/AED • Wilderness and Remote First Aid • CPR/AED for Professional Rescuers and Health Care Providers • Preparing Small Business Workplaces for Pandemic Flu • Bloodborne Pathogens Training
A K-12 school or a childcare provider looking for staff training	First Aid/CPR/AED • Be Red Cross Ready First Aid and Preparedness Presentation • Bloodborne Pathogens Training • Pandemic Flu Public Information Series
An elementary school looking for student training	Babysitter's Training • Citizen CPR • Masters of Disaster • Longfellow's WHALE Tales
A middle school/high school looking for student training	First Aid/CPR/AED • Babysitter's Training • Citizen CPR • First Aid – Responding to Emergencies • Be Red Cross Ready First Aid and Preparedness Presentation
A college/university looking for student and staff training	First Aid/CPR/AED • First Aid – Responding to Emergencies • Be Red Cross Ready First Aid and Preparedness Presentation
A college/university instructor looking for course curriculum	First Aid – Responding to Emergencies • Emergency Medical Response • Nurse Assistant Training • Wilderness and Remote First Aid
A medical professional	CPR/AED for Professional Rescuers and Health Care Providers • Emergency Medical Response • Bloodborne Pathogens Training • Administering Emergency Oxygen • Anaphylaxis and Epinephrine Auto-Injectors • Asthma
A firefighter, police officer, EMS or athletic trainer	CPR/AED for Professional Rescuers and Health Care Providers • Emergency Medical Response • Bloodborne Pathogens Training • Administering Emergency Oxygen • Anaphylaxis and Epinephrine Auto-Injectors • Asthma
A coach for a youth, collegiate or professional sports team	First Aid/CPR/AED • CPR/AED for Professional Rescuers and Health Care Providers • Bloodborne Pathogens Training • Administering Emergency Oxygen • Anaphylaxis and Epinephrine Auto-Injectors • Asthma
An aquatic facility or director	Lifeguarding • Lifeguard Management • Junior Lifeguarding • Swimming and Water Safety • Longfellow's WHALE Tales • Home Pool Essentials • CPR/AED for Professional Rescuers and Health Care Providers • Bloodborne Pathogens Training
A community organization	First Aid/CPR/AED • Be Red Cross Ready First Aid and Preparedness Presentation • Citizen CPR • Pandemic Flu Public Information Series
A youth group	First Aid/CPR/AED • Citizen CPR • Wilderness and Remote First Aid • Be Red Cross Ready First Aid and Preparedness Presentation • Babysitter's Training • Masters of Disaster
A parent, grandparent or other family member	First Aid/CPR/AED • Citizen CPR • Masters of Disaster • Swimming and Water Safety • Home Pool Essentials
Looking for career opportunities	Emergency Medical Response • Nurse Assistant Training • Babysitter's Training

### First Aid/CPR/AED

*Course Length: Range from a little over 2 hours to around 5 hours*

*Certification Length: 2 years*

Updated to incorporate the latest science and educational innovation, the First Aid/CPR/AED program trains workplace responders, childcare providers, middle school and high school students and others to respond to breathing and cardiac emergencies, injuries and sudden illness until advanced medical personnel take over. A choice of course options allows for tailored training.

- New two-year certification
- Choice of free digital or affordable print course materials
- Concise learner-centered course design emphasizes hands-on skills
- Free digital refreshers help participants keep knowledge and skills sharp
- Optional training available covering use of asthma inhalers, epinephrine auto-injectors and manufactured tourniquets
- Continuing education units available
- Instructor-led and blended learning options
- Training materials available in Spanish



***The Red Cross First Aid/CPR/AED program meets OSHA guidelines.***



### FACT:

***More than 3 million American workers are injured on the job and nearly 4,500 workplace deaths occur every year.<sup>1</sup>***

***Are you and your employees prepared to act in an emergency to save a life?***

<sup>1</sup> United States Department of Labor Bureau of Labor Statistics, February 2011

## Flexible Course Options Meet Your Needs

Choose course options to tailor training to your workplace:

### First Aid

Course Length: 3 hours

### Adult CPR/AED

Course Length: Approximately 2½ hours

### Pediatric CPR/AED

Course Length: Approximately 3½ hours

### Adult and Pediatric CPR/AED

Course Length: Approximately 3½ hours

### Adult First Aid/CPR/AED

Course Length: Approximately 5 hours

### Pediatric First Aid/CPR/AED

Course Length: Approximately 5½ hours

### Adult and Pediatric First Aid/CPR/AED

Course Length: Approximately 5½ hours

## Training Your Way

- Spanish-language First Aid/CPR/AED training materials available
- Optional add-on training including Administering Emergency Oxygen, Bloodborne Pathogens, Asthma, and Anaphylaxis and Epinephrine Auto Injectors
- Free quarterly online refreshers are available at **redcross.org/refreshers**
- Updated blended learning course available



## Red Cross Training Saves Lives

*“As a Red Cross instructor for Pinkerton Government Services, I know first-hand about the superior quality of Red Cross materials and its instructional programs.*

*We train thousands of employees across the country, and I'm able to coordinate it all through one point of contact.*

*The Red Cross will customize a training program that meets the needs of your organization to ensure that your employees are trained and ready to respond to a life-threatening emergency.*

*And in the end, it's about saving lives. Several employees that I trained recently saved the life of a man in cardiac arrest. This man went home to his family because my employees were trained and ready to save his life. That's why I'm proud to be part of the Red Cross.”*

*James A. Brakebill  
Vice President, Fire Services  
Pinkerton Government Services, Inc.*



## Related Training

Bloodborne Pathogens.....	page 16
Training Supplies .....	page 11



## Instructor Tools

Easy-to-use resources enable instructors to effectively deliver training. Materials include a comprehensive manual, multimedia course presentation, skill posters and DVD; segments from the DVD can also be streamed.

### Instructor's Manual

Provides instructions for conducting courses within the First Aid/CPR/AED program. The manual includes lesson plans, enhanced skill assessment tools and other resources. Spanish edition available electronically only.

Stock No. 656730

ISBN: 978-1-58480-478-9 ..... \$49.95

Download English, Spanish and blended learning versions for free at [redcross.org/instructorscorner](http://redcross.org/instructorscorner)



### DVD

Comprehensive, updated video support including skill demonstration and practice-while-you-watch segments and interactive scenarios that lead into course activities. Includes course, instructor training and other optional segments. Includes subtitles for teaching course in Spanish. Segments can also be streamed from [redcross.org/instructorscorner](http://redcross.org/instructorscorner).

Stock No. 656735

ISBN: 978-1-58480-483-3 ..... \$174.95



### Multimedia Course Presentation

Includes lecture points, activity support and all video for the course. Free download at [redcross.org/instructorscorner](http://redcross.org/instructorscorner).

### Instructor's Kit

This convenient kit offers all the printed course materials that can be used to conduct First Aid/CPR/AED courses, including one each of the following: Instructor's Manual, Participant's Manual, Adult Ready Reference card, Pediatric Ready Reference card.

Stock No. 656738 ..... \$59.95

### Deluxe Instructor's Kit

Offers everything contained in the basic Instructor's Kit, plus one First Aid/CPR/AED DVD.

Stock No. 656739 ..... \$199.95

## Skill Posters Reinforce Learning

Full-color skill posters are excellent visual aids during training and are an ideal post-training reference. Posters are 17" x 22", printed in English on one side, Spanish on the reverse. Smaller (8-1/2" x 11") choking and hand washing posters can be downloaded for free at [redcross.org/cpr](http://redcross.org/cpr).

### Checking an Injured or Ill Adult, Child or Infant

Stock No. 656734 | ISBN: 978-1-58480-482-6 ..... \$6.95

### Conscious Choking

Stock No. 656736 | ISBN: 978-1-58480-484-0 ..... \$6.95

### CPR

Stock No. 656737 | ISBN: 978-1-58480-485-7 ..... \$6.95

### Splinting

Stock No. 656729 | ISBN: 978-1-58480-525-0 ..... \$6.95



## Participant Training Materials

Choose from concise Ready Reference cards (adult and pediatric versions) and a reference-style Participant's Manual. All are available in print and e-book formats. View sample training materials at [redcross.org/previewkits](http://redcross.org/previewkits).

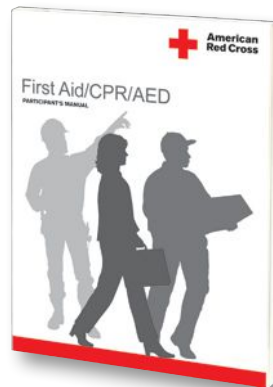
### Participant's Manual

This comprehensive manual covers core course content plus additional OSHA and prevention information. The manual also features step-by-step skill sheets with full-color photos to reinforce knowledge and skills.

Stock No. 656731 . . . . . \$8.50

ISBN: 978-1-58480-479-6

Free download at [redcross.org/cpr](http://redcross.org/cpr)



### Ready Reference Cards

For use by participants during the course or as a quick reference after training, the cards offer concise step-by-step instructions with full-color photos for responding to emergencies. The print versions include a punch-out CPR steps wallet card. Spanish versions are available electronically only.

#### Adult First Aid/CPR/AED Ready Reference Card

Topics include checking an injured or ill adult, conscious and unconscious choking, CPR, using an AED, bleeding, burns, poisoning, head/neck/spinal injuries and stroke.

Stock No. 656732 . . . . . \$2.95

ISBN: 978-1-58480-480-2

Download English and Spanish versions for free at [redcross.org/cpr](http://redcross.org/cpr)



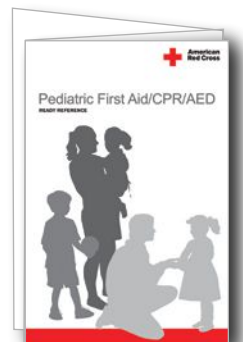
#### Pediatric First Aid/CPR/AED Ready Reference Card

Topics include checking an injured or ill child or infant, conscious and unconscious choking for a child or infant, CPR, using an AED, bleeding, burns, poisoning and seizure.

Stock No. 656733 . . . . . \$2.95

ISBN: 978-1-58480-481-9

Download English and Spanish versions for free at [redcross.org/cpr](http://redcross.org/cpr)



### Free Digital Refreshers

The program includes quarterly digital refreshers to help ensure participants maintain their knowledge and skills between certifications. Refreshers are available at [redcross.org/refreshers](http://redcross.org/refreshers).

## Workplace Training: Wilderness and Remote First Aid

### Wilderness and Remote First Aid

Course Length: 16 hours

Certification: 2 years

Designed to teach lifesaving skills to scouts, outdoor enthusiasts or employees working in remote environments, such as oil/gas mining, forestry and construction. Participants learn how to respond to emergency situations, sudden illness and injuries when help may be delayed. This course is based on the Boy Scouts of America *Wilderness First Aid Curriculum and Doctrine Guidelines* and meets OSHA's Best Practices for Workplace First Aid Training Programs. Participants must be at least 14 years of age and possess current certification in adult CPR/AED. Topics include:

- Primary and Secondary Assessments
- Head (Brain), Neck and Spinal Injuries
- Heat-Related Emergencies
- Hypothermia
- Altitude-Related Illnesses
- Allergies and Anaphylaxis
- Burns
- Bone and Joint Injuries
- Wounds and Wound Infection



#### Instructor's Manual

Stock No. 656231 | ISBN: 978-1-58480-469-7 .....\$28.95

Free download at [redcross.org/training](http://redcross.org/training)

#### Participant Emergency Reference Guide and Pocket Guide Set

Stock No. 656232 | ISBN: 978-1-58480-470-3 .....\$15.95

Free download at [redcross.org/training](http://redcross.org/training)



#### Also Available

##### Red Cross Customized SAM Splints

Splints have splinting basics printed on them, making them an essential first aid supply for scouts, outdoor enthusiasts, EMS and hospital personnel, military medics and others. The splints bend into a simple curve that is strong and supportive for any fractured or injured limb, allowing responders to splint an injury in the position in which they find it. Available in two sizes, SAM Splints are lightweight, compact and waterproof—ideal for emergency kits and backpacks.

*Flexible splint is  
easy to use and  
folds to a compact  
size for storage*



##### Red Cross Customized SAM® Splint Standard (4-1/4" x 36"; 4 oz.)

Stock No. 658343 .....\$10.95

##### Red Cross Customized SAM® Splint XL (5-1/2" x 36"; 5.9 oz.)

Stock No. 658342 .....\$10.95



### Red Cross Ready Rating Program

Is your business prepared for emergencies? The new American Red Cross Ready Rating program tests your organization's preparedness to respond. Ask your local chapter for details or visit [readyrating.org](http://readyrating.org).

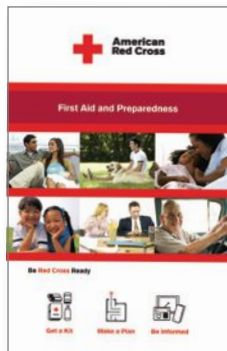
## Red Cross Ready Rating™ Program



### Be Red Cross Ready First Aid and Preparedness Presentation

*Length: 90 minutes*

Interactive presentation provides basic first aid and disaster preparedness information to help staff stay prepared for a variety of emergencies. Appropriate for those who want to learn lifesaving skills but do not need to receive certification. Topics include emergency action steps and how to respond to allergic reactions, burns, cardiac emergencies, stroke, sudden illness and more.



### Participant's Booklet

Stock No. 658232 | ISBN: 978-1-58480-398-0 ..... \$19.50 (pkg/10)

Also available in Spanish

Stock No. 656803 | ISBN: 978-1-58480-424-6 ..... \$19.50 (pkg/10)

### Preparing Small Business Workplaces for Pandemic Flu

*Length: 90 minutes*

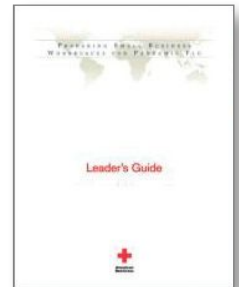
Help ensure business continuity by educating employees about preparing for and responding to pandemic flu. Includes a leader's guide, CD-ROM of resources and a DVD (running time 23 min., 45 sec.).

#### Toolkit

Stock No. 658245 ..... \$19.95

#### DVD

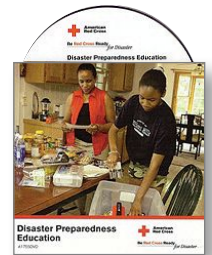
Stock No. 658242 ..... \$7.50



### Disaster Preparedness Education DVD

Supports preparedness education in workplaces, communities and schools. Each 6- to 10-minute segment covers a specific topic and can be uploaded to internal and external websites. Topics: Be Red Cross Ready for Disaster, Food and Water in an Emergency, Evacuation Planning, Sheltering in Place and Preparedness for People with Disabilities.

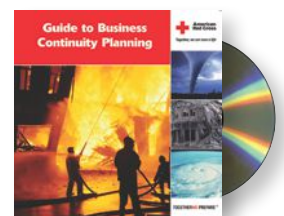
Stock No. 658636 ..... \$13.50



### Guide to Business Continuity Planning CD-ROM

Helps organizations create a basic business continuity plan with downloadable forms that build a custom workbook for staff to keep off site. Includes nine modules:

- Introduction to business continuity planning
- Defining goals, identifying processes and procedures, developing a plan
- Project management
- Facility documentation
- Business impact analysis
- Business continuity alternatives
- Emergency response
- Plan exercise and evaluation
- Plan implementation and maintenance



Stock No. 658200 | ISBN: 978-1-58480-184-9 ..... \$39.95

## First Aid Supplies

### Workplace First Aid Cabinet for General Business and Homes

This fully stocked, wall-mountable first aid cabinet meets all requirements for first aid established by OSHA and ANSI. The SmartTab™ ezRefill System identifies when it's time to reorder supplies and snap-in refill packs keep contents organized.

Stock No. 658275..... \$99.95



### Pocket First Aid Pack

Ideal for purses, briefcases, gym bags, book bags and backpacks, this first aid pack holds enough bandages to care for small scratches, blisters and cuts.

Stock No. 658241..... \$2.95

## Personal-Size First Aid Guides

### First Aid Essentials

Flip-book offers information in English and Spanish. Provides advice on preparing for emergencies, building first aid and evacuation kits and basic caregiving steps for cardiac emergencies, choking and more. At 4 1/2" x 6 3/4", it fits in first aid kits, vehicle glove compartments, desks, garages and workshops.

Stock No. 656804

ISBN: 978-1-58480-423-9..... \$4.95

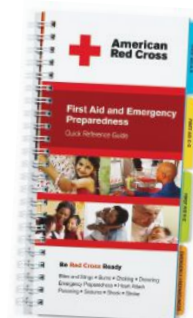


### Quick Reference Guide

Durable tabbed guide offers step-by-step instructions for responding to first aid and disaster-related emergencies. At 4 1/4" x 8", it fits in briefcases, computer bags, vehicle glove compartments and more.

Stock No. 652139

ISBN: 978-1-58480-390-4..... \$9.95





**American  
Red Cross**

Your One-Stop-Shop for

**Affordable Training Supplies**



## AED Trainer with Removable Chip

The American Red Cross Automated External Defibrillator (AED) Training Device meets 2010 ECC Guidelines for CPR, providing a great cost saving solution when delivering AED training. The device mimics the features and prompts of many live AEDs and includes volume control, a play/pause button, and toggle switches for two scenarios and instructions.

Stock No. 658285 ..... \$89.95

### Also Available

#### AED Training Device

##### Replacement Pad Assembly, Adult

Stock No. 658287 ..... \$32.95 (pkg/6)

#### AED Training Device

##### Replacement Pad Assembly, Child

Stock No. 658288 ..... \$32.95 (pkg/6)

## Manikins

### Laerdal Little Anne Adult Manikin

This realistic, inexpensive, lightweight manikin includes a training mat, 2 manikin faces, 2 airways and more.

Individual Stock No: 658283 ..... \$149.95

### Prestan Adult Manikin with CPR Monitor

Realistic Prestan Manikins feature a CPR Rate Monitor that shows correct compression rate. Available individually or in a 4-pack; infant manikins and lungs also available.

Individual Stock No: 658264 ..... \$124.75

4-Pack Stock No. 658265 ..... \$485.00

### Prestan Adult Manikin without CPR Monitor

Individual Stock No. 658263 ..... \$104.75

4-Pack Stock No. 658266 ..... \$405.00

## Student Training Packs

Built for Red Cross courses, training packs include everything a student needs in one package. Choose the pack that meets your needs:

### Basic First Aid and CPR Combination Training Pack, (pkg/100)

Stock No. 658291 ..... \$164.95

### First Aid Student Training Pack, (pkg/100)

Stock No. 658293 ..... \$139.95

### CPR Training Pack, (pkg/100)

Stock No. 658292 ..... \$49.95

## CPR Masks

Choose from a variety of CPR masks designed to provide protection against transferring fluids between the victim and rescuer.

### American Red Cross CPR Masks

Adult/Infant combo CPR Mask, Stock No. 658296 ..... \$13.50

Hard Case with Oxygen Inlet, Stock No. 658355 ..... \$14.95

Hard Case without Oxygen Inlet, Stock No. 658356 ..... \$9.95

No Case without Oxygen Inlet, Stock No. 658357 ..... \$6.95

### Laerdal™ CPR Pocket Mask

Hard Case Stock No. 658225 ..... \$12.95

Soft Case Stock No. 658410 ..... \$12.95

**Order training supplies at [redcross.org/store](http://redcross.org/store) or at [shopstaywell.com](http://shopstaywell.com)**



## CPR/AED for Professional Rescuers and Health Care Providers

Course Length: Approximately 5½ hours

Certification Length: 2 years



Trains professional rescuers to respond to breathing and cardiac emergencies in adults, children and infants until more advanced medical personnel take over. Topics include performing a primary assessment, giving ventilations (includes BVM), choking (conscious and unconscious), CPR (one- and two-rescuer) and AED.

- Concise learner-centered course design with emphasis on hands-on skills
- Choice of free digital or competitively priced print course materials for participants and instructors
- New blended learning course available
- Optional training includes Administering Emergency Oxygen, Bloodborne Pathogens Training, Asthma, and Anaphylaxis and Epinephrine Auto-Injectors

View sample training materials at [redcross.org/previewkits](https://www.redcross.org/previewkits).

### Free Digital Refreshers

The program includes quarterly digital refreshers to help ensure participants maintain their knowledge and skills between certifications. Refreshers are available at [redcross.org/refreshers](https://www.redcross.org/refreshers).

## Participant Materials

### Handbook

Includes skill sheets depicting step-by-step lifesaving skills for quick reference.

Stock No. 652168

ISBN: 978-1-58480-494-9 . . . . . \$5.95

Free download at [redcross.org/cprpro](https://www.redcross.org/cprpro)



## Instructor Resources

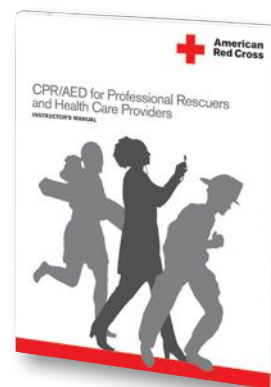
### Instructor's Manual

Provides guidance to conduct the course and includes lesson plans, enhanced skill assessment tools and other resources.

Stock No. 652169

ISBN: 978-1-58480-495-6 . . . . . \$25.95

Download classroom-led and blended learning manuals at [redcross.org/instructorscorner](https://www.redcross.org/instructorscorner)



### DVD

Provides clear depiction of skills to reinforce training. Includes Bloodborne Pathogens Training and Administering Emergency Oxygen course segments. English subtitles available. Segments can also be streamed from [redcross.org/instructorscorner](https://www.redcross.org/instructorscorner).

Stock No. 652170

ISBN: 978-1-58480-496-3 . . . . . \$51.95



### Multimedia Course Presentation

Includes lecture points and course video.

Free download at [redcross.org/instructorscorner](https://www.redcross.org/instructorscorner)



## Instructor Resources (continued)

### Instructor's Kit

Includes one each of the following: Participant Handbook, Instructor's Manual.

Stock No. 652171 ..... \$29.75

### Deluxe Instructor's Kit

Includes one each of the following: Participant Handbook, Instructor's Manual, DVD. See details below for FREE posters.

Stock No. 652176 ..... \$76.95

## Skill Posters Reinforce Learning

Full-color skill posters are excellent visual aids during training and are an ideal post-training reference. Posters are 17" x 22", printed in English on one side, Spanish on the reverse.

### Primary Assessment—Adult

Stock No. 652172 | ISBN: 978-1-58480-526-7 ..... \$6.95

### Primary Assessment—Child and Infant

Stock No. 652173 | ISBN: 978-1-58480-527-4 ..... \$6.95

### CPR

Stock No. 652174 | ISBN: 978-1-58480-528-1 ..... \$6.95

### Conscious Choking

Stock No. 652175 | ISBN: 978-1-58480-529-8 ..... \$6.95



# Professional-Level Training: Emergency Medical Response

## Emergency Medical Response

Course Length: 51 hours

Certification Length: 2 years



Provides comprehensive training that gives participants the knowledge and skills necessary to work as an emergency medical responder to help sustain life, reduce pain and minimize the consequences of injury or sudden illness until more advanced medical personnel take over.

Tailored to professional rescuers, the course covers assessments, airway and ventilation, CPR, AED, medical and trauma emergencies, and EMS operations.

- Approved by the American Red Cross Scientific Advisory Council
- Exceeds EMS Educational Standards
- Two-year professional-level certification
- Hands-on, scenario-based training
- Choice of digital or print course materials—**best pricing in the industry**
- Includes Administering Emergency Oxygen and Bloodborne Pathogens Training; optional training available for Asthma, and Anaphylaxis and Epinephrine Auto-Injectors

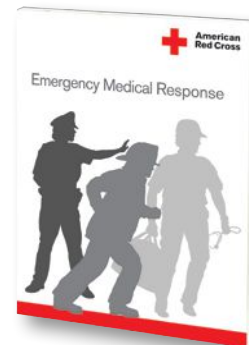
View sample training materials at [redcross.org/previewkits](http://redcross.org/previewkits).

## Participant Materials

### Textbook

Designed to simplify learning and understanding of course material, this text includes key terms, learning objectives, critical facts and scenarios to test knowledge and decision-making skills. It also features pediatric and geriatric considerations and step-by-step skill sheets.

Stock No. 656540 | ISBN: 978-1-58480-327-0 ..... \$69.95



### E-Textbook

Digital edition of Textbook

Stock No. 656547 | ISBN: 978-1-58480-536-6 ..... \$29.95

*Textbook or E-Textbook are required; other participant materials are options to enhance learning.*

### Workbook

The workbook reinforces key concept and skills taught in the textbook. Activities, case studies and self-assessments help participants build on material already learned and apply their knowledge to emergency situations. Workbook is optional but encouraged as it helps students prepare for the National Registry Exam.

Stock No. 656541 | ISBN: 978-1-58480-328-7 ..... \$43.95



### EMR Interactive - Student Version

Web-based tool contains modules corresponding to chapters within the textbook. Features learning activities, video clips, case study sections, links to additional resources, definitions and practice quizzes.

Stock No. 656548 ..... \$12.95

### Student Kit

Includes Textbook and E-Textbook

Stock No. 656560 ..... \$89.95

### Deluxe Student Kit

Includes Textbook, E-Textbook, Workbook, EMR Interactive

Stock No. 656561 ..... \$99.95

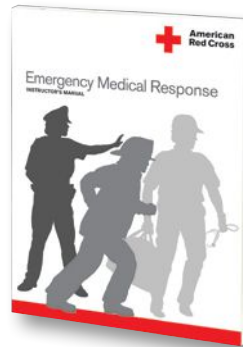


## Instructor Resources

### Instructor's Manual

Comprehensive instructor's manual contains all the information necessary to conduct the course. The manual features a course overview, outline and lesson plans, plus teaching strategies, participant progress log and final written exams. The printed manual includes access to a digital edition of the Instructor's Manual, streaming video, PowerPoint slides and test bank quizzes.

Stock No. 656543  
ISBN: 978-1-58480-330-0 ..... \$59.95



### DVD

Required for use during the course, the DVD combines real-life scenarios with studio-based skill segments to help ensure that lesson objectives are met. English subtitles available. Segments can also be streamed from **redcross.org/instructorscorner**.

Stock No. 656542  
ISBN: 978-1-58480-329-4 ..... \$149.95



### EMR Interactive - Instructor Version

Web-based tool contains interactive modules corresponding to chapters within the textbook. Instructor version allows instructors to assign content and track participant progress within the grade book.

Stock No. 656564 ..... \$12.95

### PowerPoint Slides

PowerPoint slides are available for each lesson.  
*Free download at [redcross.org/instructorscorner](http://redcross.org/instructorscorner)*

### Test Bank Quizzes

An electronic test bank of more than 750 questions is available for instructors to create quizzes.  
*Free download at [redcross.org/instructorscorner](http://redcross.org/instructorscorner)*

### Instructor's Kit

Includes Instructor's Manual, DVD, access to digital edition of Instructor's Manual, streaming video, PowerPoint slides and test bank quizzes.

Stock No. 656562 ..... \$99.95

### Deluxe Instructor's Kit

Includes Instructor's Manual, DVD, access to digital edition of Instructor's Manual, streaming video, PowerPoint slides and test bank quizzes, Textbook, E-Textbook, Workbook and EMR Interactive.

Stock No. 656563 ..... \$159.95



## Professional-Level Training: Nurse Assistant Training

### Nurse Assistant Training

*Course Length: Ranges from 65-180 hours*

Continuing the nursing heritage of the American Red Cross and its founder Clara Barton, this course helps students prepare for a career as a certified nurse assistant (CNA).

Coursework includes medical terminology, basic human anatomy, communication skills, basic math skills, caring for patients with Alzheimer's disease and hands-on experience in an actual health care setting.

Students also learn career development skills:

- Conducting a successful job search
- Creating an effective résumé, completing applications
- Developing interviewing techniques
- Managing family and work challenges, time management
- Exploring career ladders



### Participant's Manual

Stock No. 654080 .....\$40.00

ISBN: 978-1-58480-414-7

*Free download at [redcross.org/training](http://redcross.org/training)*



### Instructor's Manual with CD-ROM

Stock No. 654081 .....\$54.95

ISBN: 1-58480-132-8

*Free download at [redcross.org/training](http://redcross.org/training)*



### Training DVDs (set of 3)

Stock No. 654082 .....\$395.00

ISBN: 1-58480-133-6

## Optional Training Builds Additional Skills

### Administering Emergency Oxygen

*(1 hour, 40 minutes)*

Participants learn how to use emergency oxygen and breathing devices, including bag-valve-mask resuscitators (BVM). Web-based blended learning option also available.

### Bloodborne Pathogens Training

*(1 – 2 hours)*

Teaches staff how bloodborne pathogens are spread, how to avoid exposure and what to do if exposed to infectious material. **Choose classroom or new online course options.**

### Anaphylaxis and Epinephrine Auto-Injectors

*(1 hour)*

Participants learn to correctly administer an epinephrine auto-injector to an individual experiencing a severe allergic reaction.

### Asthma

*(40 minutes)*

Participants learn to correctly administer an asthma inhaler to an individual experiencing an asthma attack.





## Responding to Emergencies: Comprehensive First Aid/CPR/AED

Course Length: About 30 hours

Certification Length: 2 years with free digital refreshers



Developed for high schools and colleges, this course features an integrated teaching approach that includes classroom lecture, extensive video assets, simulated emergency situations, discussion and hands-on skills practice. It is designed to be taught over the course of a semester and can be adapted to a variety of course outlines.

Core content includes:

- Recognizing and responding appropriately to cardiac, breathing and first aid emergencies involving adults, children and infants
- Preventing disease transmission
- Injury management
- Healthy lifestyle tips
- Optional lessons for Asthma Inhalers and Anaphylaxis and Epinephrine Auto-Injectors

## Participant Materials

### Textbook

Clearly written and engaging, this student textbook draws readers in and enhances comprehension through special features, such as Learn and Respond activities and skill sheets.

Stock No. 656138 | ISBN: 978-1-58480-554-0 .....\$49.95

### E-Textbook

Stock No. 656141 | ISBN: 978-1-58480-558-8 .....\$24.95

### Student Kit

Includes textbook and e-textbook.

Stock No. 656142 .....\$59.95



## Instructor Materials

### Instructor's Manual

Features step-by-step lesson plans, enhanced skill assessment tools and final exams. Also includes access to digital instructor's manual, streaming video, multimedia presentation and test bank.

Stock No. 656139 | ISBN: 978-1-58480-555-7 .....\$49.95

Digital materials available at [redcross.org/instructorscorner](http://redcross.org/instructorscorner); includes access code for test bank.

### DVD

Stock No. 656140 | ISBN: 978-1-58480-556-4 .....\$174.95

Also available in free streaming format or embedded in multimedia presentation on [redcross.org/instructorscorner](http://redcross.org/instructorscorner).

### Multimedia Presentation

This presentation is mapped to lesson plans to underscore critical information and features key points, activity scenarios and video.

Available as a free resource on [redcross.org/instructorscorner](http://redcross.org/instructorscorner).

### Test Bank

Easy-to-use test bank features 767 quiz questions to help instructors create tests to match their course needs. Instructors can also add their own questions.

Available at [redcross.org/instructorscorner](http://redcross.org/instructorscorner); access code comes with the instructor's manual.

### Instructor's Kit

Includes print editions of the instructor's manual, student textbook and DVD, plus access to digital instructor's manual and textbook, streaming video, multimedia presentation and test bank.

Stock No. 656143 .....\$199.95

Digital instructor materials available at [redcross.org/instructorscorner](http://redcross.org/instructorscorner); includes access code for test bank and e-books.

## Discounts Available

Discounts on training materials are available for approved academic organizations. Call 1-800-667-2968 to order.

## Community Training: First Aid/CPR/AED

### First Aid/CPR/AED

*Course Length: Range from a little over 2 hours to around 5 hours*  
*Certification Length: 2 years*

Updated to reflect the latest scientific guidelines, the First Aid/CPR/AED program trains childcare providers, middle school and high school students and other individuals to respond to breathing and cardiac emergencies, injuries and sudden illness until advanced medical care takes over. A choice of course options allows for tailored training.

**See page 4 for complete program details, options and course materials.**



### Also Available

#### American Red Cross CPR Keychains

Be ready to perform CPR anywhere with Red Cross CPR Keychains. The one-way valve CPR breathing barrier protects the rescuer by preventing direct contact with the victim's mouth, and features a printed illustration to indicate correct use. Contents include:

- 1 nylon pouch with key ring
- CPR breathing barrier with one-way valve
- 2 latex-free vinyl gloves\*

*\*Gloves not included in Mini CPR Keychain*

#### CPR Keychain with Gloves, (EA)

Stock No. 658289. . . . . \$3.25

#### Mini CPR Keychain, (EA)

Stock No. 658290. . . . . \$2.25



### Citizen CPR

*Course Length: 30 minutes*

In only 30 minutes the average person can quickly and easily learn hands-only CPR and be ready to help save lives. The technique is used in emergencies outside a medical setting where a bystander has seen another person suddenly collapse.

- Fast, easy training
- No mouth-to-mouth contact
- Appropriate for people of all ages



#### Citizen CPR Course Leader's Guide

*Free download at [redcross.org/hands-only](http://redcross.org/hands-only)*

#### Hands-Only CPR Ready Reference

*Free download at [redcross.org/hands-only](http://redcross.org/hands-only)*

#### How to Perform Hands-Only CPR Video Segment

*View it now at [redcross.org/hands-only](http://redcross.org/hands-only)*



## Babysitter's Training

Course Length: 6½ hours

NOTE: Teach in one day or break into several 40- to 60-minute sessions

Gives 11 to 15 year olds the skills and confidence to be great babysitters, plus real-world experiences to help develop leadership and communication skills. Includes fun hands-on activities, video, role-plays and group discussions.

- Caring for children and infants
- Being a good leader and role model
- Making good decisions, solving problems and staying safe
- Handling emergencies such as illnesses, injuries, household accidents



### Participant's Set

Includes handbook with CD-ROM and emergency reference guide.

Stock No. 655633 | ISBN: 978-1-58480-426-0 ..... \$14.95

Free download at [redcross.org/training](http://redcross.org/training)

### Instructor's Manual with CD-ROM

Stock No. 655632 | ISBN: 978-1-58480-316-4 ..... \$23.99

Free download at [redcross.org/training](http://redcross.org/training)

### DVD

Stock No. 655630 | ISBN: 978-1-58480-314-0 ..... \$124.99

### Basic Instructor Kit

Includes participant's set and instructor's manual with CD-ROM.

Stock No. 655638 | ISBN: 978-1-58480-440-6 ..... \$44.99



## Related Training

Longfellow's WHALE Tales .....page 33  
Wilderness and Remote First Aid ..... page 8



## Masters of Disaster®

Lessons and activities educate youth and their families about emergency and disaster preparedness. Topics include Be Disaster Safe, In the Aftermath, Facing Fear, Hurricanes, Floods, Tornadoes, Lightning, Earthquakes, Fire Prevention and Safety, Home Safety and Wildland Fires.



### Educator's Kit

- Ready-made lessons on CD linking the science of disasters to core subjects like math, language arts and social studies
- Printable activity sheets for students and families
- Safety videos in English and Spanish for fires, hurricanes, earthquakes, tornadoes and more
- Customizable certificates
- Disaster-related trivia poster
- Stickers

Stock No. 658632. . . . . \$24.00

The curriculum addresses three grade level groups (K-2, 3-5, 6-8); program materials meet national education standards and are designed to supplement teachers' lesson plans. The Educator's Kit is for schools and youth organizations; the Family Kit is tailored to a home setting.



### Family Kit

- Printable activity sheets on CD
- Home safety checklists
- Safety videos in English and Spanish for fires, hurricanes, earthquakes, tornadoes and more
- Background information on each topic
- Disaster-related trivia poster
- Stickers
- Family preparedness certificate

Stock No. A1140FAM | ISBN: 0-86536-327-7. . . . . \$24.00

## Related Training

Helping Children Cope with Disasters. . . . .	page 23
Swimming and Water Safety . . . . .	page 28
Longfellow's WHALE Tales . . . . .	page 33



## Family Safety

### First Aid and Safety for Babies and Children Reference Guide and DVD

An essential resource for parents with children under age 12, this guide and DVD set shows how to keep your child safe, emergency action steps, responding to life-threatening first aid emergencies and emergency preparedness.



Stock No. 656750 | ISBN: 978-1-58480-413-0 ..... \$16.95

### A Family Guide to First Aid and Emergency Preparedness Reference Guide and DVD

Developed specifically for families, this guide and DVD set covers building a family emergency plan, emergency supplies lists, evacuation plans and handling first aid emergencies.



Stock No. 656802 | ISBN: 978-1-58480-403-1 ..... \$16.95

## Pet First Aid

From basic pet owner responsibilities, like spaying, neutering and administering medications to managing breathing or cardiac emergencies and preparing for disasters, Pet First Aid courses offers information and advice pet owners can trust. Topics include managing urgent care situations, such as car accidents; wounds; electrical shock; and eye, foot and ear injuries. Choose Dog First Aid, Cat First Aid or the combined Dog and Cat First Aid course; check with your local chapter for availability.

### Dog First Aid Reference Guide and DVD

Stock No. 657780 ..... \$16.95  
 ISBN: 978-1-58480-401-7

### Cat First Aid Reference Guide and DVD

Stock No. 657781 ..... \$16.95  
 ISBN: 978-1-58480-402-4



## Family Caregiving Program

Designed to help individuals provide care for a parent, spouse or other loved one, the Family Caregiving program offers 9 one-hour classes covering important caregiving skills. A modular program design lets participants choose classes that meet their needs. Each class is supported by a separate participant's booklet (\$26.50 pkg/10):

### Home Safety

Stock No. 653989 | ISBN: 978-1-58480-177-1

### General Caregiving Skills

Stock No. 653988 | ISBN: 978-1-58480-176-4

### Positioning and Helping Your Loved One Move

Stock No. 653987 | ISBN: 978-1-58480-175-7

### Assisting with Personal Care

Stock No. 653985 | ISBN: 978-1-58480-173-3

### Healthy Eating

Stock No. 653990 | ISBN: 978-1-58480-178-8

### Caring for the Caregiver

Stock No. 653986 | ISBN: 978-1-58480-174-0

### Legal and Financial Issues

Stock No. 653993 | ISBN: 978-1-58480-181-8

### Caring for a Loved One with Alzheimer's Disease or Dementia

Stock No. 653992 | ISBN: 978-1-58480-180-1

### Caring for a Loved One with HIV/AIDS

Stock No. 653991 | ISBN: 978-1-58480-179-5

## Also Available

### Family Caregiving Reference Guide and DVD

Allows individuals to learn caregiving skills without attending a class. The reference guide includes the same content as the Family Caregiving training presentations, plus information on how to respond to emergencies such as heart attacks, strokes and choking and includes a detachable Emergency Contact Card. The DVD shows skills such as positioning and transferring, giving medication and recording vital signs.

Stock No. 653975 | ISBN: 978-1-58480-391-1 ..... \$24.95



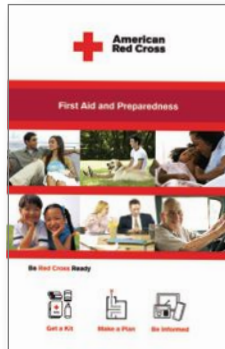
## Related Training

Disaster Preparedness for Seniors by Seniors... page 23  
 Preparing for Disaster for People with Disabilities and Other Special Needs ..... page 23

## Be Red Cross Ready First Aid and Preparedness Presentation

Length: 90 minutes

Interactive presentation provides basic first aid and disaster preparedness information to help communities stay prepared for a variety of emergencies. Appropriate for those who want to learn lifesaving skills but do not need to receive certification. Topics include emergency action steps and how to respond to allergic reactions, burns, cardiac emergencies, stroke, sudden illness and more.



### Participant's Booklet

Stock No. 658232 | ISBN: 978-1-58480-398-0 ..... \$19.50 (pkg/10)

Also available in Spanish

Stock No. 656803 | ISBN: 978-1-58480-424-6 ..... \$19.50 (pkg/10)

### Disaster Preparedness Education DVD

Supports preparedness education sessions in communities, schools, workplaces and other settings. Each 6- to 10-minute segment covers a specific topic and can be uploaded to internal and external websites. Topics: Be Red Cross Ready for Disaster, Food and Water in an Emergency, Evacuation Planning, Sheltering in Place and Preparedness for People with Disabilities.

Stock No. 658636 ..... \$13.50



### Also Available

#### Fire Safety Doorknob Hangtag

Community outreach tool offers fire safety and prevention education in a highly visible format. Printed in English on one side, Spanish on the reverse.

Stock No. A5036 ..... \$10.96 (pkg/100)



## Pandemic Flu–Public Information Series: Are You Prepared?

This community presentation helps promote healthy hygiene as a first-line defense against a potential flu pandemic. The Pandemic Flu Leader's Kit includes a Leader's Guide, DVD, CD-ROM and Family Preparedness Guide. The DVD and Family Preparedness Guide are also sold individually.



### Leader's Kit

Stock No. 658237 ..... \$27.12

Also available in Spanish

Stock No. A1731S ..... \$20.72

### Family Preparedness Guide

Stock No. 658635 ..... \$14.00 (pkg/50)

Also available in Spanish

Stock No. A1729S ..... \$11.12 (pkg/50)

### DVD

Stock No. 658238 ..... \$14.00

Also available in Spanish

Stock No. 658634 ..... \$14.00

### Build awareness with affordable booklets developed in partnership with the Federal Emergency Management Agency (FEMA).

#### Preparing for Disaster

Emergencies and disasters can strike quickly and without warning. This 12-page booklet helps communities prepare in advance so they are equipped to manage situations until local officials and relief workers arrive.

Stock No. 658615 .....\$18.16 (pkg/50)

Also available in Spanish

Stock No. 658616 .....\$18.16 (pkg/50)



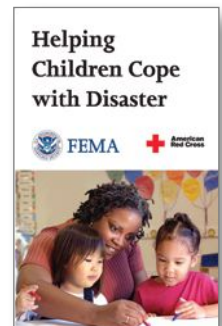
#### Helping Children Cope with Disaster

This 10-page booklet offers parents, caregivers and other adults suggestions to help children cope with the effects of disaster, as well as how to be prepared before a disaster strikes.

Stock No. 658619 ..... \$18.16 (pkg/50)

Also available in Spanish

Stock No. 658620 ..... \$18.16 (pkg/50)



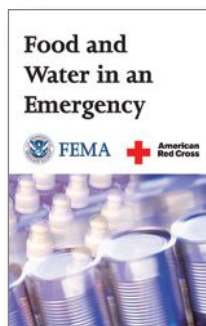
#### Food and Water in an Emergency

If a disaster strikes, access to food, water and electricity could be delayed for days or even weeks. This 14-page planning guide helps families store emergency food and water supplies.

Stock No. 658613 .....\$18.16 (pkg/50)

Also available in Spanish

Stock No. 658614 .....\$18.16 (pkg/50)



#### Preparing for Disaster for People with Disabilities and Other Special Needs

Helps those with physical, medical, sensory or cognitive disabilities, as well as the elderly and other special needs populations, plan and prepare for emergencies. 18 pages.

Stock No. 658618 ..... \$18.16 (pkg/50)

Also available in Spanish

Stock No. 658617 ..... \$18.16 (pkg/50)



#### Also Available

##### Disaster Preparedness for Seniors by Seniors

Written by a group of older adults who experienced a two-week power outage in upstate New York. Readers share the hardships the authors could have avoided if they had been prepared. 30 pages.

Stock No. 658621..... \$11.20 (pkg/10)





## Preparedness Fast Facts

Important safety facts in a convenient tear sheet pad format identify how to prepare for an event, what to do during the event and returning home or recovering from an event. Convenient 8 1/2" x 14" tear sheets are available in pads of 50 sheets, printed with English on one side, Spanish on the reverse. Each topic is \$78.72 (pkg/10 pads). There is a minimum order of two packages.

### Be Red Cross Ready

Stock No. 658508

### Earthquake Safety

Stock No. 658515

### Fire Prevention & Safety

Stock No. 658536

### Flood Safety

Stock No. 658522

### Flu Checklist

Stock No. 658578

### Taking Care of People with the Flu

Stock No. 658633

### Heat Wave Safety

Stock No. 658529

### Hurricane Safety

Stock No. 658543

### Landslide Safety

Stock No. 658550

### Pets and Disaster Safety

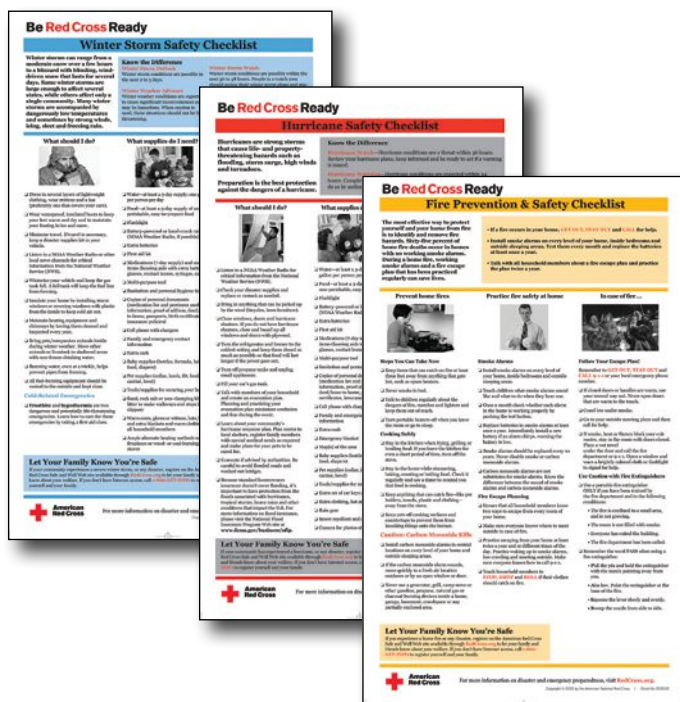
Stock No. 658557

### Power Outage Safety

Stock No. 658564

### Returning Home after a Hurricane or Flood

Stock No. 658571



## Taking Care of Your Emotional Health after a Disaster

Stock No. 658622

## Thunderstorm Safety

Stock No. 658585

## Tornado Safety

Stock No. 658592

## Wild Fire Safety

Stock No. 658599

## Winter Storm Safety

Stock No. 658606

## Home Pool and Hot Tub Maintenance and Safety

Stock No. 651325

## Swimming Safely in Lakes, Rivers and Streams

Stock No. 651326



### Lifeguarding

*Course Length: Ranges from 24 hours to 30 ½ hours*

*Certification Length: 2 years*



The new Red Cross Lifeguarding program trains lifeguards to act with speed and confidence in emergency situations both in and out of the water.

- Reflects the latest ECC science and findings from the 2011 U.S. Lifeguard Standards Coalition Report
- Traditional in-person or new combination courses of web-based and in-person skill training
- Free digital or affordable print materials
- Two-year certification that includes Lifeguarding, First Aid, CPR and AED
- Free digital refreshers for first aid and CPR/AED
- Optional add-on training including Administering Emergency Oxygen, Bloodborne Pathogens Training, Asthma, and Anaphylaxis and Epinephrine Auto Injectors
- Comprehensive instructor resources, including step-by-step lesson plans, assessment tools, extensive video support and more
- New Junior Lifeguarding and Lifeguard Management courses available spring 2012

View sample training materials at [redcross.org/previewkits](http://redcross.org/previewkits).

### Core Training Courses

Topics include water rescue skills, surveillance and recognition, first aid, breathing and cardiac emergencies, CPR, AED and more.

#### Lifeguarding

*Course Length: approximately 25 hours*

For entry-level participants at all facility types

Certification: Lifeguarding/First Aid/CPR/AED (2 years)

#### Shallow Water Lifeguarding

*Course Length: 24 hours*

For entry-level participants at facilities/attractions with water less than 5 feet deep

Certification: Shallow Water Lifeguarding/First Aid/CPR/AED (2 years)

### Optional Add-On Modules

Modules available as traditional in-person training only; certification in either core Lifeguarding course is required.

#### Waterpark Skills

*Course Length: approx. 3 ½ hours*

For waterpark environments and multi-attraction facilities

Certification: Waterpark Skills (2 years)

#### Waterfront Skills

*Course Length: approx. 5 ½ hours*

For non-surf, open-water areas at public parks, resorts, camps and campgrounds

Certification: Waterfront Skills (2 years)

***AED training is a required component of all Lifeguarding courses. Call 1-800-RED-CROSS to get help setting up an AED program for your facility.***

### Participant Training Materials

All participants must have the Participant's Manual to complete courses in the Lifeguarding program. The manual is available in print and e-book formats. View a sample chapter at [redcross.org/previewkits](http://redcross.org/previewkits).

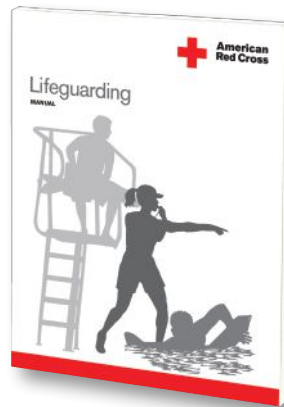
#### Participant's Manual

Designed to simplify learning, the participant's manual reinforces key points from the course. The manual can also be used as a reference for working lifeguards after the course.

Stock No. 655735 . . . . . \$32.00

ISBN: 978-1-58480-487-1

Free download at  
[redcross.org/training](http://redcross.org/training)



#### Free Digital Refreshers

The program includes quarterly digital refreshers to help ensure participants maintain their knowledge and skills between certifications. Refreshers are available at [redcross.org/refreshers](http://redcross.org/refreshers).



#### Also Available

##### CPR Masks

Choose from a variety of CPR masks designed to provide protection against transferring fluids between the victim and rescuer.

##### American Red Cross CPR Masks

Adult/Infant combo CPR Mask,

Stock No. 658296 . . . . . \$13.50

Hard Case with Oxygen Inlet,

Stock No. 658355 . . . . . \$14.95

Hard Case without Oxygen Inlet,

Stock No. 658356 . . . . . \$9.95

No Case without Oxygen Inlet,

Stock No. 658357 . . . . . \$6.95



##### Laerdal™ CPR Pocket Mask

Hard Case Stock No. 658225 . . . \$12.95

Soft Case Stock No. 658410 . . . \$12.95



##### American Red Cross Lifeguard Hip Pack, (EA)

Stock No. 658294 . . . . . \$27.95



##### American Red Cross Whistle with Break-Away Lanyard, (EA)

Stock No. 658360 . . . . . \$5.95



### Lifeguarding Instructor Resources

Comprehensive tools enable instructors to effectively deliver training. Materials include a user-friendly manual, multimedia course presentation and DVD set; segments from the DVDs can also be streamed.

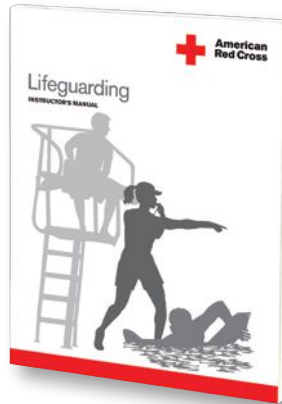
#### Instructor's Manual

Provides guidance to conduct courses in the Lifeguarding program. Includes lesson plans and objectives, lecture points, activities, in-water and land-based skills practice, assessment tools, scenarios, final written exams, answer sheets and answer keys.

Stock No. 655736 .....\$32.00

ISBN: 978-1-58480-488-8

*Download classroom-led and blended learning manuals at [redcross.org/instructorscorner](http://redcross.org/instructorscorner)*

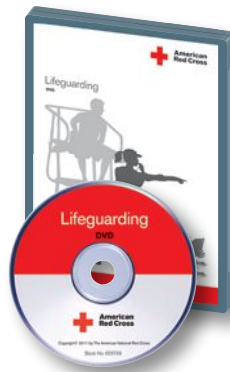


#### DVD Set

Reinforces learning with segments that combine real-life scenarios with studio-based skill segments. Required to conduct Lifeguarding courses, segments can also be used to teach the Administering Emergency Oxygen and Bloodborne Pathogens Training courses and asthma and epinephrine auto-injector in-service trainings. Segments can also be streamed from **[redcross.org/instructorscorner](http://redcross.org/instructorscorner)**.

Stock No. 655739 .....\$174.95

ISBN: 978-1-58480-491-8



#### Multimedia Course Presentation

Includes all the visual information needed to conduct the Lifeguarding course, such as lecture points, video segments and selected skill sheets.

*Free download at [redcross.org/instructorscorner](http://redcross.org/instructorscorner)*

### Aquatic Examiner Service

Enhance your Lifeguarding program with the Aquatic Examiner Service. Choose any or all of these options:

- **Initial Conference:** A Red Cross representative will visit your facility, collect data and review your current operational and emergency procedures.
- **Staff Training:** Your authorized Red Cross Lifeguarding instructors or a Red Cross representative can provide preseason testing, annual Red Cross training and in-service training.
- **On-Site Evaluation:** Red Cross representatives will make periodic, unannounced site visits to observe your lifeguards, facility operations and lifeguarding equipment and evaluate lifeguard skills.

Call **1-800-RED-CROSS** to learn more.





## Swimming and Water Safety

With an emphasis on drowning prevention and water safety, the Red Cross Swimming and Water Safety program offers the best in swim instruction. Courses are available for a variety of ages and skill levels, including those with disabilities and other health conditions.

The program promotes a healthy, lifelong recreational habit and provides education that encourages your community to think and act safely in, on and around the water.

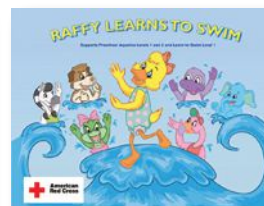
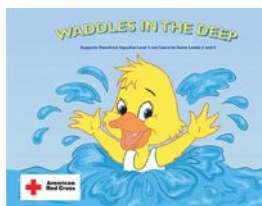
The progressive, multi-level instructional approach of swim courses maximizes participant success and includes the most current biomechanics, stroke descriptions and diving progressions.

Communication tools and resources support Water Safety instructors, including newsletter templates, achievement cards and sample block and lesson plans for every level. The instructional format simplifies preparation time and makes it easy for instructors to successfully teach any swim level.



## Participant Booklets Reinforce Skills and Safety

Fun characters and an engaging story help children prepare for swim lessons and enable parents and caregivers to set expectations for lessons and work with their children to practice skills outside of class. Raffy Learns to Swim supports Preschool Aquatics Levels 1-2 and Learn-to-Swim Level 1; Waddles in the Deep supports Preschool Aquatics Level 3 and Learn-to-Swim Levels 2-3.



### Raffy Learns to Swim

Stock No. 651317 | ISBN: 978-1-58480-449-9 ..... \$1.99

### Waddles in the Deep

Stock No. 651318 | ISBN: 978-1-58480-450-5 ..... \$1.99

## Parent and Child Aquatics

Builds basic water safety skills for both parents and children, helping infants and young children ages 6 months to about 3 years become comfortable in the water so they are willing and ready to learn to swim. These basic skills include adjusting to the water environment, showing comfort while maintaining a front or back position in the water and demonstrating breath control, including blowing bubbles or voluntarily submerging under water.



### LEVEL 1 *Introduces basic skills to parents and children, including safety topics.*

- Getting wet with toys and kicking
- Enter water by lifting in and walking in
- Out-of-water and in-water exploration
- Exit water by lifting out and walking out
- Blowing bubbles on the surface
- Blowing bubbles with mouth and nose submerged
- Underwater exploration
- Submerging mouth, nose and eyes
- Front and back floats and glides
- Roll from front to back and back to front
- Passing from instructor to parent
- Leg actions on front and back
- The importance of wearing a life jacket
- How to call for help and the importance of knowing first aid and CPR
- Basic water safety rules
- General water safety around the home
- Recreational water illnesses
- Sun safety

### LEVEL 2 *Builds on the skills introduced in Level 1, with participants improving these skills and learning more advanced skills.*

- Enter water in a seated position and by rolling over from a seated position and sliding in
- Enter water by stepping in, jumping in and using a ladder or stairs
- Exploring the pool (in shallow water)
- Using the side of the pool and a ladder to exit
- Opening eyes and retrieving objects below the surface
- Opening eyes and retrieving submerged objects
- Bobbing
- Front and back floats and glides
- Front glide to the wall
- Roll from front to back and back to front
- Passing between adults
- Drafting with breathing
- Alternating or simultaneous leg actions on front and back
- Alternating or simultaneous arm actions on front and back
- Combined arm and leg actions on front with breathing
- Combined arm and leg actions on back
- Wearing a life jacket in the water
- Reaching assists
- Basic water safety rules review
- Safety at the beach and at the waterpark
- Water toys and their limitations

## Preschool Aquatics

Gives young children about ages 4 and 5 a positive, developmentally appropriate aquatic learning experience that emphasizes water safety concepts and skills. Age-appropriate skills help participants achieve success on a regular basis while in a class environment with their peers.



### LEVEL 1 *Helps participants feel comfortable in the water and to enjoy the water safely.*

- Enter and exit water using ladder, steps or side
- Blowing bubbles through mouth and nose
- Submerging mouth, nose and eyes
- Open eyes under water and retrieve submerged objects
- Front glide and recover to a vertical position
- Back float and recover to a vertical position
- Roll from front to back and back to front
- Treading with arm and hand actions
- Alternating and simultaneous leg actions on front and back
- Alternating and simultaneous arm actions on front and back
- Combined arm and leg actions on front and back
- Staying safe around aquatic environments
- Recognizing the lifeguards
- Don't just pack it, wear your jacket
- Recognizing an emergency
- How to call for help
- Too much sun is no fun

### LEVEL 2 *Builds on the skills learned in Level 1 and gives participants success with fundamental skills, such as floating and basic locomotion.*

- Enter water by stepping in
- Exit water using ladder, steps or side
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front and back floats and glides
- Recover from a front and back float or glide to a vertical position
- Roll from front to back and back to front
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action on back
- Staying safe around aquatic environments
- Recognizing the lifeguards
- Don't just pack it, wear your jacket
- Recognizing an emergency
- How to call for help
- Too much sun is no fun

### LEVEL 3 *Builds on the skills in Level 2 and improves participants' coordination of simultaneous arm and leg actions and alternating arm and leg actions.*

- Enter water by jumping in
- Fully submerging and holding breath
- Bobbing
- Front, jellyfish and tuck floats
- Back float and glide
- Recover from a front and back float or glide to a vertical position
- Change direction of travel while swimming on front or back
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action on back
- Staying safe around aquatic environments
- Don't just pack it, wear your jacket
- Recognizing an emergency
- How to call for help
- Too much sun is no fun
- Look before you leap
- Think so you don't sink
- Reach or throw, don't go

# Aquatics Training: Swimming and Water Safety Course Levels and Skills

## Learn-to-Swim

Based on a logical, six-level progression that helps swimmers of all ages and varying abilities develop their swimming and water safety skills. It is designed to give participants a positive learning experience.



### LEVEL 1: INTRODUCTION TO WATER SKILLS *Helps participants feel comfortable in the water.*

- Enter and exit water using ladder, steps or side
- Blow bubbles through mouth and nose
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front and back glides and back float
- Recover to vertical position from a front glide and back float or glide
- Roll from front to back and back to front
- Tread water using arm and hand actions
- Alternating and simultaneous leg actions on front and back
- Alternating and simultaneous arm actions on front and back
- Combined arm and leg actions on front and back
- Staying safe around aquatic environments
- Recognizing the lifeguards
- Don't just pack it, wear your jacket
- Recognizing an emergency
- How to call for help
- Too much sun is no fun

### LEVEL 2: FUNDAMENTAL AQUATIC SKILLS *Gives participants success with fundamental skills.*

- Enter water by stepping or jumping from the side
- Exit water using ladder, steps or side
- Fully submerge and hold breath
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front, jellyfish and tuck floats
- Front and back glides and back float
- Recover from a front and back float or glide to a vertical position
- Roll from front to back and back to front
- Change direction of travel while swimming on front or back
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action on back
- Staying safe around aquatic environments
- Don't just pack it, wear your jacket
- Recognizing an emergency
- How to call for help
- Too much sun is no fun
- Look before you leap
- Think so you don't sink
- Reach or throw, don't go

### LEVEL 3: STROKE DEVELOPMENT *Builds on the skills in Level 2 through additional guided practice in deeper waters.*

- Enter water by jumping from the side
- Headfirst entry from the side in sitting and kneeling positions
- Bobbing while moving toward safety
- Rotary breathing
- Survival float
- Back float
- Change from vertical to horizontal position on front and back
- Tread water
- Push off in a streamlined position then begin flutter and dolphin kicks on front
- Front crawl and elementary backstroke
- Scissors kick
- Reach or throw, don't go
- Think twice before going near cold water or ice
- Look before you leap

### LEVEL 4: STROKE IMPROVEMENT *Develops confidence in the skills learned and improves other aquatic skills.*

- Headfirst entry from the side in compact and stride positions
- Swim under water
- Feetfirst surface dive
- Survival swimming
- Front crawl and backstroke open turns
- Tread water using 2 different kicks
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Push off in a streamlined position then begin flutter and dolphin kicks on back
- Reach or throw, don't go
- Recreational water illnesses
- Think so you don't sink
- Look before you leap

### LEVEL 5: STROKE REFINEMENT *Provides further coordination and refinement of strokes.*

- Shallow-angle dive from the side
- Shallow-angle dive from the side then glide and begin a front stroke
- Tuck and pike surface dives
- Front flip turn and backstroke flip turn while swimming
- Tread water
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Standard scull on back
- How to call for help and the importance of knowing first aid and CPR
- Recreational water illnesses
- Reach or throw, don't go
- Look before you leap
- Think so you don't sink
- Think twice before going near cold water or ice
- Wave, tide or ride, follow the guide

### LEVEL 6: SWIMMING AND SKILL PROFICIENCY

*Refines the strokes so participants swim them with ease, efficiency, power and smoothness over greater distances.*

Level 6 is designed with "menu" options that focus on preparing participants for lifetime fitness and safety, as well as more advanced courses, such as the Water Safety Instructor course, or other aquatic activities, including competitive swimming or diving. Options include—

- Personal Water Safety.
- Fitness Swimmer.
- Fundamentals of Diving.



## Water Safety Instructor Course

Course Length: 30 hours, 30 minutes

The Water Safety Instructor course is for those at least 16 years old. Through video and hands-on skill building, the course includes all the water safety and drowning prevention tools and information needed to plan and conduct courses in the American Red Cross Swimming and Water Safety program, including Parent and Child Aquatics, Preschool Aquatics, Learn-to-Swim, Longfellow's WHALE Tales, Safety Training for Swim Coaches, six water safety presentations and two water safety courses.

Red Cross Water Safety instructors are authorized to teach the following basic-level courses:

- Parent and Child Aquatics (Levels 1-2)
- Preschool Aquatics (Levels 1-3)
- Learn-to-Swim (Levels 1-6)
- Water Safety courses and presentations, including Basic Water Rescue, Personal Water Safety, Safety Training for Swim Coaches, Water Safety presentations and Longfellow's WHALE Tales

## Water Safety Instructor's Manual with CD-ROM

An innovative educational design organizes information by levels, easing preparation time and helping instructors address the learning needs of swimmers of all ages and varying abilities. Additional information for teaching those with disabilities or other health conditions is also included, fostering an inclusive learning environment. The CD-ROM offers a full range of helpful communication tools that instructors and swim program coordinators can use to keep participants and parents updated and motivated.



Stock No. 651313 | ISBN: 978-1-58480-445-1 ..... \$22.95

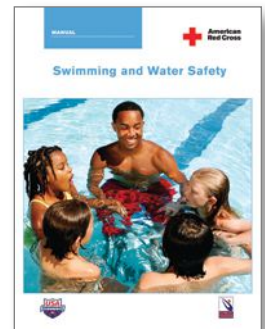
Download Instructor's Manual for free at [redcross.org/training](http://redcross.org/training)

## Swimming and Water Safety Manual

Strongly emphasizes water safety as the foundation of aquatic recreation and provides detailed information on basic and more advanced aquatic skills. It offers the most current biomechanics concepts in regards to stroke descriptions, in consultation with USA Swimming, updated diving techniques and learning progressions in consultation with USA Diving and much more.

Stock No. 651314 | ISBN: 978-1-58480-446-8 ..... \$25.95

Free download at [redcross.org/training](http://redcross.org/training)



## Water Safety Instructor's Candidate Kit

This convenient kit includes all the products required to participate in the Water Safety Instructor course, including the Water Safety Instructor's Manual with CD-ROM, the Swimming and Water Safety Manual, Raffy Learns to Swim, Waddles in the Deep and the Water Safety Handbook.

Stock No. 651312 | ISBN: 978-1-58480-444-4 ..... \$51.95

# Aquatics Training: Staff Training

## Swimming and Water Safety Program DVD Set

Maximize convenience by ordering the complete suite of Swimming and Water Safety program DVDs:

- Swimming and Diving Skills (1 hour, 20 minutes)
- Teaching Swimming and Water Safety (1 hour, 27 minutes)
- Longfellow's WHALE Tales (25 minutes)

Stock No. 651321 | ISBN: 978-1-58480-453-6 ..... \$159.95

## Teaching Swimming and Water Safety DVD

*NOTE: Only available as part of the Swimming and Water Safety Program DVD Set.*

Integral to the Water Safety Instructor course, this DVD helps Water Safety instructor candidates develop their photographic eye to provide corrective feedback to swimmers and confidently teach all program levels. It also features demonstrations of support and holding positions and enhanced content to more effectively teach Parent and Child Aquatics. Length: 1 hour, 27 minutes.

## Swimming and Diving Skills DVD

Designed to complement the updated Swimming and Water Safety program, this DVD shows skills and techniques that swim instructors and coaches need, and helps ensure standardization in instruction. It is also a great reference for individuals interested in improving their swimming and diving skills. Length: 1 hour, 20 minutes

Stock No. 651316 | ISBN: 978-1-58480-448-2 ..... \$94.95



## Swimming and Water Safety Stroke Posters

Reinforce stroke technique with this set of seven posters. Posters are 24" x 36" and feature full-color photos that depict body position, movement and breathing/timing for six strokes (front crawl, back crawl, sidestroke, elementary backstroke, breaststroke, butterfly), as well as headfirst entries.

Stock No. 651324 ..... \$35.00/set of 7

## Longfellow's WHALE Tales

A great way to teach school-age children about water safety and drowning prevention. Exciting classroom-based activities cover 11 topics, including lessons on sun safety, water safety around the home and water safety in different environments, such as waterparks, lakes and rivers.



### K-6 Educational Packet

Designed for school-age children, with exciting activities covering a range of water safety topics. Lessons are supported by 11 colorful posters and a CD-ROM of teaching tools, including topic outlines, fact sheets, activity sheets and certificates. The DVD and stickers described at right are available separately to further enhance the program.

Stock No. 651315..... \$17.95

### DVD

This 25-minute DVD starring Longfellow, the animated whale, features new animation, narration and a WHALE Tales theme song. The DVD is designed to support the Longfellow's WHALE Tales K-6 Educational Packet.



Stock No. 651319 | ISBN: 978-1-58480-452-9 ..... \$39.95

### Participant Stickers

Leaders can provide participant stickers based on key safety messages related to the 11 lessons from the program to encourage discussion between children and their parents.

Each pack contains 25 stickers for each of the 11 lessons.

Stock No. 651323..... \$9.95 (pkg/25)





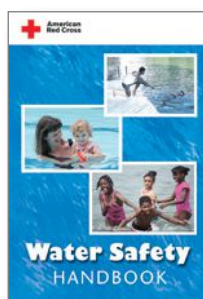
## Water Safety Courses and Presentations

Water safety courses and presentations are designed to teach participants how to be safe in, on and around pools, spas, waterparks, lakes, rivers, oceans or any body of water. Presentations can be conducted in any setting and can be customized to fit the needs of any audience.

- Basic Water Rescue
- Personal Water Safety
- Safety Training for Swim Coaches
- Water safety presentations:
  - Water Safety Today
  - General Water Safety
  - Home Pool Safety
  - Parent Orientation to Swim Lessons
  - Sun Safety
  - Rip Current Safety

Leader's outlines are available on Instructor's Corner at [redcross.org/instructorscorner](http://redcross.org/instructorscorner). The current edition of the Water Safety Handbook is available for participants.

Stock No. 651306 | ISBN: 978-1-58480-192-4 ..... \$4.50  
Free download at [redcross.org/training](http://redcross.org/training)



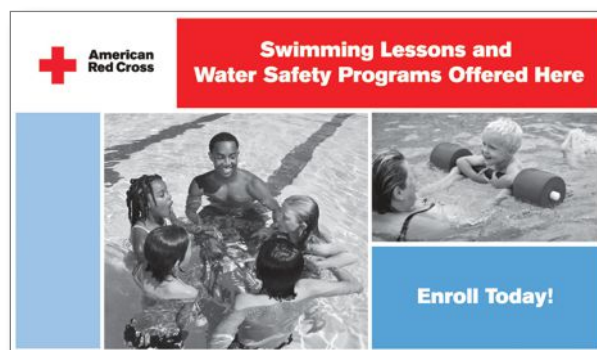
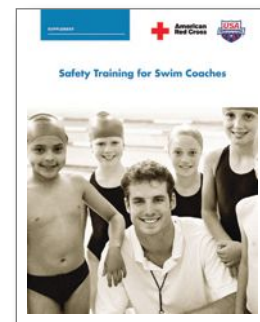
## Home Pool Essentials™ Maintenance and Safety Online Course

Developed jointly by the National Swimming Pool Foundation® and the American Red Cross, this interactive online course contains video demonstrations to help home pool and hot tub owners learn the importance of and practical strategies for creating an environment that family and friends can safely enjoy. The \$19.95 course fee includes 6 months of access to the online course, a printable resource guide and record of completion. For more information and to enroll online visit [www.HomePoolEssentials.org](http://www.HomePoolEssentials.org).



## Safety Training for Swim Coaches

Developed in collaboration with USA Swimming, this course teaches swim coaches and other aquatic professionals how to prevent and respond to emergencies while on the pool deck. Topics include preparing an emergency action plan, recognizing a swimmer in distress, rescuing swimmers using nonswimming techniques, handling spinal injuries and more. New Water Safety instructors are automatically eligible to teach Safety Training for Swim Coaches; previously certified Water Safety and Lifeguarding instructors may teach the course after orienting to the new program materials. Program materials can be downloaded for free at [redcross.org/training](http://redcross.org/training).



### Aquatics Banner

Display this eye-catching 5' x 3' indoor/outdoor banner to let patrons know you offer the best in aquatic safety training from the Red Cross.

Stock No. 659062 ..... \$23.00

### Also Available

#### Home Pool and Hot Tub Maintenance and Safety Tear Sheet

See page 24.

#### Swimming Safety in Lakes, Rivers and Streams Tear Sheet

See page 24.

## First Aid and CPR/AED

Course/Certification	Target Audience	Content Summary	Course Hours
<b>First Aid/CPR/AED Program</b> Certificate Length: 2 years <i>Page 4</i>  <b>Optional First Aid Modules and Lessons:</b> <ul style="list-style-type: none"> <li>• Asthma Inhaler</li> <li>• Anaphylaxis and Epinephrine Auto-Injectors</li> <li>• Using a Tourniquet</li> </ul>	Businesses, schools, community organizations and individuals who want or need training.	Recognizing and responding to cardiac, breathing and first aid emergencies until more advanced medical personnel take over. Meets OSHA Guidelines for First Aid. <ul style="list-style-type: none"> <li>• Identifying signals of asthma and administering a metered-dose inhaler.</li> <li>• Recognizing and responding to anaphylaxis and appropriate handling, use and disposal of an epinephrine auto-injector.</li> <li>• How to control severe, uncontrollable bleeding with a manufactured tourniquet.</li> </ul>	Varies depending on course content. See page 5 for details.  Approx. 30-45 minutes  Approx. 1 hour  Approx. 15-30 minutes
<b>Responding to Emergencies: Comprehensive First Aid/CPR/AED</b> Certificate Length: 2 years <i>Page 17</i>	High school and college students.	Recognizing and caring for breathing and cardiac emergencies in adults, infants and children; identifying and caring for life-threatening bleeding, sudden illness, injuries and healthy lifestyles.	30
<b>First Aid and Preparedness</b> Certificate Length: N/A <i>Page 9</i>	Employees and other individuals who want to learn lifesaving skills but do not need to receive certification to meet OSHA regulations.	Preparedness Action Steps, recognizing and caring for injuries or sudden illnesses until medical help can take over. Handling breathing emergencies, identifying and caring for life-threatening bleeding.	1½
<b>Wilderness and Remote First Aid</b> Certificate Length: 2 years <i>Page 8</i>	Scouts and scout leaders, camp and excursion staff, park and recreation staff, adventure/outdoor guides, employees working in remote locations, outdoor enthusiasts and anyone else in environments an hour or more from EMS response.	First aid training for delayed-help situations including conducting primary and secondary assessments in remote environments; evacuation considerations; moving a victim; dislocations; severe bleeding; bone and joint injuries; temperature extremes; special situations such as high altitudes and water (submersion) emergencies.	16
<b>Citizen CPR</b> Certificate Length: N/A <i>Page 18</i>	Any individual at any age; employees who do not need or want full CPR certification.	Learn when and how to perform hands-only CPR.	30 minutes
<b>Bloodborne Pathogens Training</b> Certificate Length: 1 year <i>Page 16</i>	Employees who may come in contact with infectious materials on the job.	Disease transmission, employer's exposure control plan, emergency and follow-up procedures, preventing disease transmission. Complies with OSHA's Bloodborne Pathogens Standard.	1-2

## Professional-Level Training

Course/Certification	Target Audience	Content Summary	Course Hours
<b>Emergency Medical Response</b> Certificate Length: 2 years Page 14	EMS personnel, firefighters, police, athletic trainers, lifeguards and medical professionals.	Comprehensive training gives professional rescuers the knowledge and skills to work as an emergency medical responder to help sustain life, reduce pain and minimize the consequences of injury or sudden illness until more advanced medical personnel take over.	51
<b>CPR/AED for Professional Rescuers and Health Care Providers</b> Certificate Length: 2 years Page 12	EMS personnel, firefighters, police, athletic trainers, lifeguards and medical professionals.	Trains professional rescuers to respond to breathing and cardiac emergencies in adults, children and infants until more advanced medical personnel take over.	Approx. 5 ½
<b>Administering Emergency Oxygen</b> Certificate Length: 2 years Page 16	EMS personnel, firefighters, police, athletic trainers, lifeguards and medical professionals.	Gives participants the knowledge and skills necessary to provide care during a breathing emergency using devices such as resuscitation masks, bag-valve-mask resuscitators (BVMs) and emergency oxygen. <i>Prerequisite: CPR – Adult, Child or Infant</i>	Approx. 1¾
<b>Bloodborne Pathogens Training</b> Certificate Length: 1 year Page 16	EMS personnel, firefighters, police, athletic trainers, lifeguards, medical professionals and employees who may come in contact with infectious materials on the job.	Disease transmission, employer's exposure control plan, emergency and follow-up procedures, preventing disease transmission. Complies with OSHA's Bloodborne Pathogens Standard.	1-2

## Caregiving

<b>Babysitter's Training</b> Certificate Length: 2 years Page 19	Young people 11-15 years old who want the 8-11 knowledge, skills and confidence to care for infants through school-aged children.	Basic childcare skills to care for infants through school-aged children. First aid, safety issues and injury prevention.	8-11
<b>Nurse Assistant Training</b> Certificate Length: 2 years Page 16	Individuals age 17 years and older who are interested in caring for others and want to enter a career in nurse assisting.	Core caregiving skills centered on the six principles of care — safety, dignity, independence, communication, infection control and privacy — and team building.	65-180
<b>Family Caregiving</b> Certificate(s): N/A Page 21	Individuals who provide care to a parent, spouse or other loved one.	Offers 9 one-hour modules including Home Safety, General Caregiving Skills, Positioning and Helping Your Loved One Move, Assisting with Personal Care, Healthy Eating, Caring for the Caregiver, Legal and Financial Issues, Caring for a Loved One with Alzheimer's Disease or Dementia and Caring for a Loved One with HIV/AIDS.	1 each





## Swimming and Water Safety

Course/Certification	Target Audience	Content Summary	Course Hours
<b>Parent and Child Aquatics</b> Certificate Length: N/A Page 29	Children 6 months to about 3 years and a parent/caregiver.	Basic skills include adjusting to the water environment, showing comfort while maintaining a front or back position in the water and demonstrating breath control, including blowing bubbles or voluntarily fully submerging under water.	Varies
<b>Preschool Aquatics</b> Certificate Length: N/A Page 29	Children about 4 to 5 years.	Includes three levels that teach basic aquatic safety concepts to the development of basic swimming skills, helping children gain greater independence and increase their comfort level in and around the water.	Varies
<b>Learn-to-Swim</b> Certificate Length: N/A Page 30	Children from about 6 years and adults.	Offers a six-level progression that helps swimmers of all ages and varying abilities develop water safety, survival and swimming skills.	Varies
<b>Water Safety Instructor Course</b> Certificate Length: N/A Page 31	Age 16 years and older.	Trains candidates to plan and conduct the Swimming and Water Safety program, with teaching strategies for water safety and drowning prevention, including explain-demonstrate-practice, task setting, station teaching and guided discovery.	30½
<b>Safety Training for Swim Coaches</b> Certificate Length: N/A Page 34	Water Safety instructors and professional and volunteer swim coaches.	Provides practical information coaches may need to handle an emergency, such as preparing an emergency action plan, recognizing a swimmer in distress, rescuing swimmers, nonswimming rescues and spinal injuries.	8
<b>Longfellow's WHALE Tales</b> Certificate Length: N/A Page 33	Grades K-6.	Safety lessons emphasize following pool rules, what to do when things go wrong and helping a swimmer in trouble. No instructor training required.	Varies
<b>Water Safety Courses and Presentations</b> Certificate Length: N/A Page 34	Swimmers and nonswimmers, parents, youth organizations and camp leaders.	Two courses and six presentation options provide safety tips for a range of aquatic environments.	Varies

## Lifeguarding

<b>Lifeguarding</b> Certificate: Lifeguarding/First Aid/CPR/AED Certificate Length: 2 years Page 25	Age 15 years and older.	For entry-level participants at all facility types. Includes water rescue skills, surveillance and recognition, first aid, breathing and cardiac emergencies, CPR, AED and more.	Approx. 25
<b>Shallow Water Lifeguarding</b> Certificate: Shallow Water Lifeguarding/ First Aid/CPR/AED Certificate Length: 2 years Page 25	Age 15 years and older.	For entry-level participants at facilities/attractions with water less than 5 feet deep.	24
<b>Waterpark Skills</b> Certificate: Waterpark Skills Certificate Length: 2 years Page 25	Age 15 years and older.	For waterpark environments and multi-attraction facilities	Approx. 3 ½
<b>Waterfront Skills</b> Certificate: Waterfront Skills Certificate Length: 2 years Page 25	Age 15 years and older.	For non-surf, open-water areas at public parks, resorts, camps and campgrounds.	Approx. 5 ½
<b>Aquatic Examiner Service</b> Certificate Length: N/A Page 27	Aquatic facility directors/management.	Evaluates a facility's safety procedures and lifeguard operations. Choose from on-site evaluations and lifeguard training support.	N/A

## Instructor Courses

Course/Certification	Target Audience	Content Summary	Course Hours
<b>First Aid/CPR/AED Instructor Course</b> Certificate Length: 2 years	Individuals at least 16 years of age who possess a current basic level American Red Cross First Aid/CPR/AED certificate or equivalent and who successfully complete the online and classroom portions of the First Aid/CPR/AED (r.11) Instructor course as well as an orientation to administering course records in the Red Cross Learning Center.	Trains candidates to plan, organize and conduct First Aid/CPR/AED courses.	Approx. 12
<b>CPR/AED for Professional Rescuers and Health Care Providers Instructor Course</b> Certificate Length: 2 years	Individuals at least 17 years of age who possess a current basic-level in CPR/AED for Professional Rescuers and Health Care Providers certificate or equivalent and who complete the online and classroom portions of the CPR/AED for Professional Rescuers and Health Care Providers (r.11) Instructor course.	Trains candidates to plan, organize and conduct the CPR/AED for Professional Rescuers and Health Care Providers course.	Approx. 10
<b>Emergency Medical Response Instructor Course</b> Certificate Length: 2 years	Individuals at least 17 years of age who possess a current basic-level in Emergency Medical Response certificate or equivalent and who complete the online and classroom portions of the Emergency Medical Response (r.11) Instructor course.	Trains candidates to plan, organize and conduct the Emergency Medical Response program course.	Approx. 20
<b>Wilderness and Remote First Aid Instructor Course</b> Certificate Length: 2 years	Individuals 17 years and older who possess a current Fundamentals of Instructor Training authorization, basic-level American Red Cross Wilderness and Remote First Aid certification or equivalent wilderness first aid training from another agency, successfully complete the precourse session, attend all class sessions, participate in all activities, successfully complete the scenario setup and practice-teaching assignments, and pass the final written exam with a minimum score of 80 percent.	Trains candidates to plan, organize and conduct the Wilderness and Remote First Aid course.	8¾
<b>Babysitter's Training Instructor Course</b> Certificate Length: 2 years	Individuals at least 16 years of age who possess a Fundamentals of Instructor Training Certificate issued within the last year or possess a current national Health and Safety Services Instructor Authorization Certificate, and successfully complete the instructor precourse self-study and the precourse session.	Trains candidates to plan, organize and conduct the Babysitter's Training course. Those with teaching experience, such as teachers, nurses, youth leaders and others may qualify for an abbreviated instructor course.	4–9½
<b>Nurse Assistant Training Instructor Course</b> Certificate Length: 2 years	Individuals age 21 and older with current RN or LPN/LVN license with previous experience teaching adults, who possess a current Fundamentals of Instructor Training authorization, pass each section of the required precourse with a score of at least 80 percent and demonstrate competence in the skills evaluation. NOTE: Additional Requirements may apply depending on the state—check with local Red Cross chapter.	Trains candidates to plan, organize and conduct the Nurse Assistant Training course.	16
<b>Water Safety Instructor Course</b> Certificate Length: 2 years	Age 16 years and older.	Trains candidates to plan, organize and conduct courses in the Swimming and Water Safety program.	30½
<b>Lifeguarding Instructor Course</b> Certificate Length: 2 years	Individuals 17 years and older who possess a current Red Cross Universal Certificate for Lifeguarding/First Aid/CPR/AED; CPR/AED for the Professional Rescuer; or CPR/AED for Lifeguards, and successfully complete online and precourse sessions.	Trains candidates to teach Lifeguarding, Shallow Water Lifeguarding, Waterfront Skills, Waterpark Skills, CPR/AED for Professional Rescuers and Health Care Providers, Administering Emergency Oxygen and Bloodborne Pathogens.	Approx. 21







**American  
Red Cross**

To learn more, schedule a class or purchase training materials and supplies, call 1-800-RED-CROSS (1-800-733-2767) or visit **redcross.org/training**

## Continuing Education Units Available for Many Courses

If you need continuing education units (CEUs) to maintain a license and/or certification, the Red Cross can help. We are an approved authorized provider for the International Association for Continuing Education and Training (IACET). CEUs are offered as an add-on to training courses completed through the Red Cross.

**Visit [redcross.org/instructorscorner](http://redcross.org/instructorscorner) to learn how to obtain CEUs.**



### Each year the Red Cross:

- Assists victims of more than 70,000 national and international disasters.
- Teaches more than 15 million people to save lives and empowers them to respond to disasters and other life-threatening emergencies.
- Collects blood—the gift of life—from about 4 million donors.
- Helps thousands of U.S. service members stay connected to their families when they are separated by duty.
- Teaches swimming and water safety to more than 2 million people and trains over 300,000 lifeguards to protect people in and around the water.

**Visit [redcross.org](http://redcross.org) to learn how you can support the American Red Cross.**

