



American Red Cross Skill Boosts



American Red Cross
Training Services

Personalize Lifesaving Training and Improve Readiness

An anaphylactic reaction. A life-threatening bleeding incident. An opioid overdose. When minutes can make the difference between life and death, are your staff or students prepared to respond should any of these incidents occur?

We understand educational needs can vary by workplace, department or individual responsibilities. That's why the American Red Cross is committed to taking lifesaving care to the next level with our optional skill boosts designed to meet your staff or students' unique needs or desires. These robust and specialized modules offer additional options to customize training so selected participants are prepared to respond in the moments that matter. Skill boosts can be taught as stand-alone modules to participants that are already Red Cross certified or they can be added to a First Aid/CPR/AED course.

Practical and Proven Specialized Skills

Skill Boost: Anaphylaxis and Epinephrine Auto-Injector Administration*

This 45-minute skill boost module provides individuals the knowledge and skills necessary to recognize anaphylaxis and give care for a person experiencing anaphylactic shock by administering medication until advanced EMS personnel arrive and begin their care of the person.

Skill Boost: Asthma and Quick-Relief Medication Administration*

This 45-minute skill boost module provides individuals the knowledge and skills necessary to recognize an asthma attack and give care for a person experiencing an attack by administering medication until advanced EMS personnel arrive and begin their care of the person. This module includes the demonstration of, and skill practice session and assessment scenario for, administering quick-relief medication using an inhaler with a spacer. In addition, optional content is available for administering quick-relief medication using a nebulizer device.

Skill Boost: Life-Threatening Bleeding and Tourniquet Application*

This 75-minute skill boost module provides individuals the knowledge and skills necessary to recognize life-threatening bleeding and give care to a person with life-threatening bleeding until advanced EMS personnel arrive and begin their care of the person. This skill boost was developed to address the need for training in the use of direct pressure, applying a tourniquet and wound packing.

Skill Boost: Head, Neck, Muscle, Bone and Joint Injuries and Splinting*

This 60-minute skill boost module helps individuals recognize and care for head, neck, and spinal injuries as well as muscle, bone, and joint injuries, including the need for training in the use of a rigid splint and a sling and binder. This skill boost also includes optional training in the use of a vacuum splint.

Skill Boost: Opioid Overdose and Naloxone Administration*

This 45-minute skill boost helps individuals recognize an opioid overdose and trains them how to administer naloxone via the nose (nasal spray or nasal atomizer). For this skill boost, if participants are not certified in CPR, they must complete skill practice in compression-only CPR for this skill boost.

*To take any and all skill boosts, participants must have a valid and current certification in First Aid and/or CPR/AED (including First Aid/CPR/AED, Lifeguarding, EMR, RTE). A skill boost can also be added to a First Aid/CPR/AED course.



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