



American  
Red Cross

# FAST™

## FIRST AID FOR SEVERE TRAUMA™

FAST IS KNOWLEDGE. KNOWLEDGE IS **POWER**. THE POWER TO **ACT**. THE POWER TO **SAVE**.





# Replace Panic with a Plan

Anyone can save a life with the proper training. **First Aid for Severe Trauma™ (FAST™)** prepares you with skills that go beyond the basics to help you handle a life-threatening bleeding emergency:

**Response principles:** Preparing for bleeding emergencies; recognizing that a bleeding emergency exists; emergency action steps; deciding to act in an emergency

**Scene safety:** Keeping yourself safe in an emergency; helping others to safety; violent situations

**Emergency communications:** Communication basics; communicating with others at the scene; communicating with the emergency dispatcher

**How to care for life-threatening bleeding:** Using pressure to stop bleeding; applying direct pressure; using a tourniquet; after the bleeding stops



# Empower Immediate Responders

Course and digital materials available at no charge for high school students under the age of 19

Certification courses: Blended or Instructor-led learning

Certificate course: Online only

Content on the Red Cross First Aid app

Easy, affordable Instructor bridging options

CE credit available for Instructor courses

Pairs with a classroom training kit available on the Red Cross Store



# Traumatic Injuries Are a Public Health Emergency

Leading cause of death in people up to age **45**

Cause over **27 million** emergency department visits and **2 million** hospitalizations annually

A person can die from blood loss in just **5** minutes

**150,000+** deaths annually



# A Collaborative Initiative







**ACCIDENTS HAPPEN.** WITH A **PLANNED RESPONSE**, WE CAN IMPROVE THE **OUTCOMES**.



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First Aid for  
Severe Trauma

Visit [redcross.org/FAST](https://www.redcross.org/FAST) to learn how the FAST program  
can prepare you when moments matter.