



Frequently Asked Questions

CURRICULUM/CONTENT

Q: What does the FAST course teach?

A: First Aid for Severe Trauma™ (FAST™) is the first national Stop the Bleed course designed specifically for high school students with input, feedback and testing from teachers, student, and medical experts. Beyond bleeding control, FAST teaches about other key topics designed to save a life in the first 10 minutes after a severe bleeding injury, including:

- How to communicate with fellow rescuers and 9-1-1 dispatchers during bleeding emergencies;
- Scene safety; and
- Positioning injured people.

Q: What topics are covered in FAST course?

A: The topics of the course are outlined in the FAST Handbook as follows:

You can save a life: Preparing for bleeding emergencies; recognizing that a bleeding emergency exists; emergency action steps; deciding to act in an emergency

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

Communicating in emergency situations: Communication basics; communicating with others at the scene; communicating with the emergency dispatcher

Caring for a person with life-threatening bleeding: Using pressure to stop bleeding; applying direct pressure; using a tourniquet; after the bleeding stops; applying direct pressure skill sheet; using a windlass rod tourniquet skill sheet; using a ratcheting tourniquet skill sheet

Q: What is the duration of the FAST course?

A: The instructor-led (100% classroom) version of the course is expected to be 135 minutes. The blended learning (online + classroom) version of the course will also take about 135 minutes, divided into a 90-minute online portion that may be given as homework while the remaining 45 minutes will occur in-person in a classroom. The online-only version of the course is still in development but we know it will be shorter than the two certification courses since there is no hands-on or group work section.

Q: What age range is the FAST course designed for?

A: FAST was designed specifically for high school students; however, students from middle school upwards and adults can take the course and benefit from the course material.

Q: Is FAST a Stop the Bleed course? Will it meet my state requirements to teach about bleeding control?

A: The Red Cross FAST course meets all U.S. Department of Defense requirements to be a Stop the Bleed course.

IMPLEMENTATION

Q: When will the FAST course be available?

A: The release of both the instructor-led (100% classroom) and blended learning (online + classroom) FAST course is planned for August 2021. We will update our [website](#) with specific dates are determined.

Q: How much does the FAST course cost?

A: The FAST course and digital materials will be offered at no charge to high school students under the age of 19, thanks to a grant from the Department of Homeland Security. The Red Cross will charge fees for classes taught to non-high school students.

The Red Cross will offer FAST course instructor materials in PDF format at no cost to FAST instructors in teaching high school students. This includes instructor manuals, reference cards and student manuals. There will, however, be a charge should the school wish to purchase printed versions.

Additionally, schools will be required to have training supplies such as limb models and tourniquets available in the classroom for in-person, psychomotor practice and skills testing. The Red Cross will make training kits available for purchase if you do not already have supplies. While a final price has not yet been determined, it will retail for under \$700 per kit.

Q: Where can I obtain supplies for this course?

A: The Red Cross currently offers [bleeding kits](#) that can be used in the event of a life-threatening bleeding emergency.

The Red Cross is also developing a classroom training kit that will contain tourniquets and tourniquet arm trainers that complement the FAST curriculum. While a final price has not yet been determined, it will retail for under \$700 per kit. Kits will be available for purchase this summer.

Q: How many tourniquets will we need when we teach FAST?

A: We expect that you will need 1 tourniquet for every group of 4 students taking the FAST course.

Q: How many students can be taught FAST in one class?

A: One instructor may teach up to 24 students in one class.

Q: Does the course use videos?

A: The FAST courses do use videos. Videos may be obtained at no cost through the Red Cross Learning Center via download, streaming, or embedded within the course presentation. A DVD will be available through the Red Cross for a fee; the cost of the DVD is pending.

Q: What is the price of the course for those who are not high school students?

A: Pricing is still under development at this time.

CERTIFICATION

Q: What certification will students receive when they complete the FAST course?

A: Students who complete either the instructor-led (100% classroom) or the blended learning (online + classroom) versions of the FAST course will receive a digital Red Cross FAST certification card valid for two years. Students who complete the online-only version of the FAST course will receive a Red Cross participation digital certificate. Like all other Red Cross courses, paper certificates are available for an additional charge.

Q: How will FAST instructors know when their students have completed the online portion of the blended learning course?

A: The student will get a completion certification for the online portion of the course once he/she successfully completes it. They can take a screen shot of the certificate or print it out to demonstrate completion of the online portion. Instructors may also verify student completion of the online portion of the course through the Red Cross Learning Center. It is important to note that the student will not receive the two-year FAST certification until successful completion of the in-person skills session.

NEXT STEPS

Q: What information do you have that I can share with curriculum decision makers and funders in my school and district?

A: Please review the information kit available online at <http://www.redcross.org/FAST> and download the materials that you find useful. The information kit contains this FAQ, a product information sheet, an advertisement, a brief handout, and infographics about life-threatening bleeding. If there is something that you need that is not available, please email FASTmarketing@redcross.org with your request.