

# FAST™ FIRST AID FOR SEVERE TRAUMA®

## Replace Panic with a Plan

Accidents happen. With a planned response, we can improve the outcomes. **First Aid for Severe Trauma (FAST)** prepares you with skills that go beyond the basics to help you handle a life-threatening bleeding emergency.

## SPECIFICATIONS FOR CURRICULUM PLANNING

<b>COURSE CONTENT</b>	<b>Response principles:</b> Preparing for bleeding emergencies; recognizing that a bleeding emergency exists; emergency action steps; deciding to act in an emergency. <b>Scene safety:</b> Keeping yourself safe in an emergency; helping others to safety; violent situations. <b>Emergency communications:</b> Communication basics; communicating with others at the scene; communicating with the emergency dispatcher. <b>How to care for life-threatening bleeding:</b> Using pressure to stop bleeding; applying direct pressure; using a tourniquet; after the bleeding stops.
<b>CREDENTIALS</b>	Compliant with STOP THE BLEED® Both blended learning (online + classroom) and instructor-led (100% classroom) courses offer a two-year certification upon successful completion of the course. Online-only course offers a certificate of completion.
<b>DURATION</b>	<b>Instructor-led With Skills Session:</b> 135 minutes <b>Blended Learning:</b> 90 minutes online course that may be given as homework, 45 minutes for in-person skills session <b>Online Only:</b> 90 minutes
<b>AGE RANGE</b>	Both adults and students from middle school upwards can take the course and benefit from the course material.
<b>STUDENT-TO-INSTRUCTOR RATIO</b>	One Instructor may teach up to 24 participants in one class.
<b>COURSE MATERIALS</b>	Digital materials (instructor manual, participant handbook, ready reference cards) available as free downloads. Course videos available at no cost for downloading, streaming or embedded within the course presentation. A DVD will be available through the Red Cross Store and in the Classroom Kit for a fee.

<b>TRAINING SUPPLIES</b>	<p>The Red Cross has built a FAST Classroom Kit for the in-person skills session with special introductory pricing. The Kit contains the following elements and suitable for up to 24 students:</p> <ul style="list-style-type: none"> <li>▪ 6 tourniquets</li> <li>▪ 1 First Aid for Severe Trauma Instructor's Manual</li> <li>▪ 1 First Aid for Severe Trauma DVD</li> <li>▪ 24 First Aid for Severe Trauma Ready Reference Cards</li> <li>▪ Recommendations for models on which to practice tourniquet skills</li> </ul>
<b>COURSES</b>	<p><b>FAST Instructor Course:</b> A blended learning (online learning and virtual skills session) course for individuals with no training as an Instructor or professional educator.</p> <p>Online: 1.5 to 2 hours</p> <p>Virtual Skills Session: 5 hours, 10 minutes</p> <p>.7 CEUs, 7.0 contact hours</p> <p><b>FAST Instructor Crossover with Skills Session:</b> A blended learning (online learning and virtual skills session) course for individuals who are professional educators or current Instructors but not trained in tourniquets and severe bleeding. Participants must provide proof of being an instructor or professional educator.</p> <p>Online: 1.5 to 2 hours</p> <p>Virtual Skills Session: 1 hour</p> <p>.3 CEUs, 3.0 contact hours</p> <p><b>FAST Instructor Bridge:</b> A free online-only course for individuals certified to teach tourniquet and severe bleeding courses for other providers. Participants must be able to provide current certification in tourniquet and/or severe bleeding training.</p> <p>Online: 1.5 to 2 hours</p> <p>Virtual Skills Session: 1 hour</p> <p>.2 CEUs, 2.0 contact hours</p>
<b>ACCEPTED CERTIFICATES FOR INSTRUCTOR BRIDGE</b>	<p><b>American Red Cross</b> Emergency Medical Response</p> <p><b>American College of Surgeons</b> STOP THE BLEED®</p> <p><b>Health and Safety Institute (HSI) including ASHI and Medic First Aid</b> Advanced Bleeding Control</p> <p><b>National Center for Disaster Medicine &amp; Public Health</b> Bleeding Control Certificate of Attendance</p> <p><b>National Safety Council</b> Emergency Medical Response</p> <p><b>National Registry of Emergency Medical Technicians Instructor or State Instructor Licensure/Certification</b> Paramedic</p> <p>Advanced Emergency Medical Technician</p> <p>Emergency Medical Technician</p> <p>Emergency Medical Responder</p>

## ACCEPTED CERTIFICATES FOR CROSSOVER COURSE

### American Red Cross

First Aid/CPR/AED  
Basic Life Support  
Advanced Life Support  
Pediatric Life Support  
CPR/AED for Professional Rescuers  
Emergency Medical Response  
Lifeguarding

### American Heart Association

HeartSaver First Aid/CPR/AED  
ACLS  
BLS  
PALS  
PEARS

**Health and Safety Institute (HSI) including ASHI and Medic First Aid**  
CPR, AED, and First Aid

### National Safety Council

CPR, AED, and First Aid  
Canadian Red Cross  
First Aid

### National Center for Disaster Medicine & Public Health

Bleeding Control Certificate of Attendance

### Canadian Red Cross

First Aid

### National Registry of Emergency Medical Technicians Instructor or State Instructor Licensure/Certification

Paramedic  
Advanced Emergency Medical Technician  
Emergency Medical Technician  
Emergency Medical Responder

### Teaching Licensure/Certification

Teaching licensure/certification from a city, county or state

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



**American  
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