



American
Red Cross

FAST™

FIRST AID FOR SEVERE TRAUMA®

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

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



American
Red Cross

First Aid for
Severe Trauma

Visit redcross.org/FAST to learn how the FAST program
can prepare you when moments matter.

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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

