



# First Aid/CPR/AED Program Fact Sheet

## Purpose

The purpose of the courses in the First Aid/CPR/AED program is to help participants recognize and respond appropriately to cardiac, breathing and first aid emergencies to know to give immediate care to a suddenly injured or ill person until more advanced medical personnel arrive and take over.

The First Aid/CPR/AED program is available in two delivery formats: classroom (instructor-led) and blended learning, featuring online simulation learning followed by an in-person skills session.

This program offers the flexibility of selecting First Aid, CPR and AED courses for adults, children and infants to meet the various training needs.

English and Spanish versions of the program are available.

## Learning Objectives

### Before Giving Care and Checking an Injured or Ill Person

- Describe how to recognize an emergency.
- Describe how to prioritize care for injuries and sudden illnesses.
- Describe the purpose of Good Samaritan laws.
- Identify the difference between (expressed) consent and implied consent.
- Identify how to reduce the risk of disease transmission when giving care.
- Explain how to activate and work with the emergency medical services (EMS) system.
- Explain when to move an injured or ill person from a dangerous scene.
- Explain how to check a conscious person for life-threatening and non-life-threatening conditions.
- Identify the signals of shock.
- Describe how to minimize the effects of shock.
- Demonstrate how to check an unconscious person for life-threatening conditions.

### CPR/AED

- Recognize the signals of a cardiac emergency.
- Identify the links in the Cardiac Chain of Survival.
- Describe how to care for a heart attack.
- List the causes of cardiac arrest.
- Explain the role of CPR in cardiac arrest.
- Demonstrate how to perform CPR.
- Recognize the signals of a breathing emergency.
- Demonstrate how to care for a person who is choking.
- Explain what defibrillation is.
- Explain how defibrillation works.
- Identify precautions to take when using an AED on a person in sudden cardiac arrest.
- Demonstrate how to use an AED.

### First Aid

- Identify the signals of common sudden illnesses.
- Describe how to care for common sudden illnesses.
- Describe how to care for someone who is having a seizure.

- Identify the signals of heat-related illnesses and cold-related emergencies.
- Describe how to care for heat-related illnesses and cold-related emergencies.
- Explain how to care for head, neck and spinal injuries.
- Identify signals of various soft tissue and musculoskeletal injuries.
- Describe how to care for various soft tissue and musculoskeletal injuries.
- Explain how to care for muscle, bone or joint injuries.
- Demonstrate how to control external bleeding.
- Identify signals of head, neck and spinal injuries.

### Optional Modules

- **Asthma**
  - Identify the signs and symptoms of asthma.
  - Describe the care given to a person experiencing an asthma attack.
  - Describe how to report the event of an asthma attack and your care to emergency medical services (EMS) personnel.
  - Demonstrate the use of a meter-dosed inhaler.
- **Anaphylaxis**
  - Identify the signs and symptoms of anaphylaxis.
  - Describe the care given to a person experiencing anaphylaxis.
  - Describe the appropriate assessment and documentation of the person's response to an epinephrine auto-injection.
  - Describe how to report the event of an allergic reaction and your care given to EMS personnel.
  - Demonstrate the use of an epinephrine auto-injector.
  - Demonstrate appropriate handling, use and disposal of an epinephrine auto-injector.
- **Severe Bleeding**
  - Identify the signs and symptoms of severe, life-threatening bleeding.
  - Explain when to use a tourniquet when there is severe life-threatening bleeding.
  - Explain when to use a hemostatic dressing when there is severe life-threatening bleeding.
  - Demonstrate how to control severe, life-threatening bleeding using a manufactured tourniquet.

## Length

The course is flexible depending upon training needs and course length varies depending on the course components taught - ranging from approximately 2 hours to over 5 hours.

Course Name	Classroom Course Length (hh:mm)	Blended Learning	
		Online Course Length (hh:mm)	Skills Session Length (hh:mm)
Adult and Pediatric First Aid/CPR/AED	5:18	2:30	1:15
Pediatric First Aid/CPR/AED	5:18	2:20	1:15
Adult First Aid/CPR/AED	4:54	2:05	0:50
Adult and Pediatric CPR/AED	3:02	1:30	1:10
Pediatric CPR/AED	3:02	1:20	1:00
Adult CPR/AED	2:38	1:05	0:35
First Aid	4:12	1:05	0:25

## Certificate Issued and Validity Period

Upon completion of the course, participants receive a digital certificate valid for 2 years based on the course completed. Digital certificates are issued via email upon course completion being entered into the Red Cross Course Record Entry portal and can be emailed directly to the participants or to the instructor.

## Instructor

Currently certified First Aid/CPR/AED, Lifeguarding and Emergency Medical Response instructors and instructor trainers are eligible to teach courses in this program. Instructors certified in other programs may teach First Aid/CPR/AED courses by completing a free, online orientation course.

Instructors are required to maintain a base-level certification in Adult and Pediatric First Aid/CPR/AED (or equivalent) and complete a free, online recertification refresher course in order to maintain their instructor certification.

## Class Size and Manikin Requirements

Course lengths are based on:

- A ratio of 6 to 10 participants to 1 instructor, maximum of 12 participants to 1 instructor permitted.
- A minimum of 1 manikin and 1 AED training device for every 2 participants.

## Participant Materials

Participant materials are available as free digital downloads or in print format for purchase from the Red Cross Store.

- *American Red Cross First Aid/CPR/AED Participant's Manual*
- *American Red Cross Adult First Aid/CPR/AED Ready Reference Card*
- *American Red Cross Pediatric First Aid/CPR/AED Ready Reference Card*

## Instructor Materials

Instructor materials are available as free digital downloads from the Red Cross Instructor's Corner portal or in print format for purchase from the Red Cross Store.

### **Classroom Delivery Format**

- *American Red Cross First Aid/CPR/AED Instructor's Manual*
- Adult First Aid/CPR/AED Course Presentation
- Adult & Pediatric First Aid/CPR/AED Course Presentation
- First Aid/CPR/AED Videos

### **Blended Learning Delivery Format**

- *American Red Cross First Aid/CPR/AED Blended Learning Instructor's Manual Supplement*