



# Program: First Aid/CPR/AED

## Purpose

The American Red Cross First Aid/CPR/AED program helps participants recognize and respond appropriately to cardiac, breathing and first aid emergencies. The courses in this program teach the knowledge and skills needed to give immediate care to an injured or ill person and to decide whether advanced medical care is needed.

This program offers a choice of first aid, CPR and AED courses to meet the various training needs of a diverse audience and is offered in traditional classroom or blended learning (online learning with instructor-led skill session) formats.

## Prerequisites

Participants in AED-only courses must have current Red Cross certification or the equivalent.

## Length

Course lengths vary depending on course components included. They may last from less than 1 hour to just over 5 hours.

## Learning Objectives

- Describe how to recognize an emergency and size up the scene.
- Explain how to activate and work with the emergency medical services (EMS) system.
- Understand legal concepts as they apply to lay responders, including consent and the purpose of Good Samaritan laws.
- Identify how to reduce the risk of disease transmission when giving care.
- Demonstrate how to check a person who is responsive for life-threatening and non-life-threatening conditions.
- Explain how to check an injured or ill person who appears to be unresponsive.
- Recognize the signs and symptoms of a heart attack and describe appropriate first aid care for a person who is showing these signs and symptoms.
- Describe the links in the Cardiac Chain of Survival.
- Demonstrate CPR and use of an automated external defibrillator (AED) for a person who is in cardiac arrest.
- Demonstrate first aid care for a person who is choking.
- Recognize the signs and symptoms of shock and describe appropriate first aid care for a person who is showing these signs and symptoms.

- Recognize the signs and symptoms of, and describe appropriate first aid care for, the following sudden illnesses: breathing emergencies, diabetic emergencies, seizures, fainting and stroke.
- Describe methods used to control external bleeding, including the application of direct pressure and the application of a commercial tourniquet.
- Demonstrate the application of direct pressure to control external bleeding.
- Explain when a commercial tourniquet should be used, and describe the basic principles of using a tourniquet.
- Recognize the signs and symptoms of, and describe appropriate first aid care for, the following injuries: burns; muscle, bone and joint injuries; and head, neck and spinal injuries, including concussion.
- Recognize the signs and symptoms of, and describe appropriate first aid care for, the following environmental injuries and illnesses: heat-related illnesses, cold-related illnesses and poisoning.

## Courses

The First Aid/CPR/AED program includes the following modules, any of which can be combined to form a course:

- First Aid
- CPR (Adult/Child/Infant)
- AED (Adult/Child/Infant)

The following optional modules can be taught separately or added to any course:

- Asthma Inhaler Training
- Epinephrine Auto Injector Training
- Tourniquet Application Training
- Bloodborne Pathogens Training

## Certification Requirements

Classroom (instructor-led):

- Attend all class sessions.
- Participate in all course activities.
- Demonstrate competency in all required skills.
- Successfully complete the Putting It All Together Assessment Scenarios.

Blended Learning (online learning, in-person skill session):

- Complete all lessons of the online learning session and pass the online assessment with a score of at least 80 percent.
- Participate in all course activities.
- Demonstrate competency in all required skills.
- Successfully complete the Putting It All Together Assessment Scenarios.

## Instructor

Currently certified First Aid/CPR/AED instructors and instructor trainers. Other instructors and instructor trainers qualified to teach the course after completing an orientation to the course materials are Lifeguarding and Emergency Medical Response instructors and instructor trainers.

## Certificate Issued and Validity Period

All First Aid/CPR/AED certifications, with the exception of Bloodborne Pathogens Training, are valid for 2 years from the date of course completion. Bloodborne Pathogens Training certification is valid for 1 year from the date of course completion. On successful completion of a course in the First Aid/CPR/AED program, participants receive American Red Cross certification specific to the course they completed.

## Participant Products/Materials (available in digital and print formats)

- *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*