



## **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 skills that participants need to know to give immediate care to a suddenly injured or ill person until more advanced medical personnel arrive and take over. 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**

None

### **Length**

Course lengths vary depending on course components included; from about 2 hours to just over 5 hours.

### **Learning Objectives**

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

- Describe how to recognize an emergency and prioritize care for injuries and sudden illnesses.
- 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.
- Describe the purpose of Good Samaritan laws.
- 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 signals of shock and help minimize its effects.
- 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 and how it 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 and how to care for common sudden illnesses.
- Describe how to care for someone who is having a seizure.
- Identify the signals of and how to care for heat-related illnesses and cold-related emergencies.
- Identify signals of and how to care for various soft tissue and musculoskeletal injuries.
- Demonstrate how to control external bleeding.
- Identify signals of and explain how to care for head, neck and spinal injuries.
- Explain how to care for muscle, bone or joint injuries.



**Optional Program Content**

- Demonstrate how to splint a muscle, bone or joint injury.
- Demonstrate how to control severe, uncontrollable external bleeding using a manufactured tourniquet.
- Identify the signals of asthma and how to care for a person experiencing an asthma attack.
- Demonstrate the use of a meter-dosed inhaler.
- Describe how to report the event of an asthma attack and your care to emergency medical services (EMS) personnel.
- Identify the signals of anaphylaxis and how to give care to a person experiencing anaphylaxis
- Demonstrate appropriate handling, use and disposal of an epinephrine auto-injector.
- Describe the appropriate assessment and documentation of the person’s response to an epinephrine auto-injection and how to report the event of an allergic reaction and your care given to EMS personnel.

**Core Courses (other course combinations and optional courses and lessons are available)**

- First Aid\*
- Adult CPR/AED\*
- Pediatric CPR/AED\*
- Adult CPR/AED with Pediatric CPR
- Adult and Pediatric CPR/AED\*
- Adult First Aid/CPR/AED\*
- Pediatric First Aid/CPR/AED\*
- Adult and Pediatric First Aid/CPR/AED\*
- Epinephrine Auto-Injector Training
- Asthma Inhaler Training

*Pediatric courses include both infant and child skills and program content.*

*\*Available in blended learning format (online learning followed by instructor-led skill session).*

**Certification Requirements**

Classroom (traditional classroom, instructor-led):

- Attend all class sessions.
- Participate in all course activities.
- Demonstrate competency in all required skills.
- Successfully participate in an end-of-course scenario(s).

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%.
- Participate in all course activities.
- Demonstrate competency in all required skills.

**Instructor**

Currently certified First Aid/CPR/AED, Lifeguarding and Emergency Medical Response instructors and instructor trainers.

**Certificate Issued and Validity Period**

All First Aid/CPR/AED certifications are valid for 2 years from date of course completion. Depending on the course or combination of First Aid/CPR/AED components, the following certifications will be awarded:

- Adult CPR or Adult CPR/AED
- Child CPR or Child CPR/AED
- Pediatric CPR or Pediatric CPR/AED
- Infant CPR or Infant CPR/AED
- AED-Adult or AED-Child
- First Aid
- Adult First Aid and CPR
- Adult First Aid and CPR/AED
- Adult and Pediatric CPR/AED
- Pediatric First Aid/CPR
- Pediatric First Aid/CPR/AED
- Asthma Inhaler Training
- Epinephrine Auto-Injector Training

**Participant Products/Materials (available in e-book 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