



Program: First Aid/CPR/AED R.2021

Purpose

The American Red Cross First Aid/CPR/AED r.21 program is designed to help participants recognize and respond appropriately to cardiac, breathing and first aid emergencies. The courses in this program teach participants the knowledge and skills needed to give immediate care to an injured or ill person when minutes matter, and to decide whether advanced medical care is needed. This program offers a choice of First Aid, CPR and AED courses in traditional classroom or blended learning (online learning with instructor-led skill session) formats, in addition to optional skill boosts to meet the various training needs of a diverse audience.

Prerequisites

There are no prerequisites for the core courses within the First Aid/CPR/AED r.21 program. Skill Boost Prerequisites: Participants must have a valid and current certification in First Aid (inc. FA/CPR/AED, Lifeguarding, EMR, RTE, etc.) to take an optional Skill Boost. Participants also have the option to add skill boosts onto a First Aid/CPR/AED course.

Length

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

Learning Objectives

- Describe how to recognize an emergency and gain confidence to act.
- Explain how to lower the risk for infection when giving care.
- Understand legal concepts as they apply to lay responders, such as consent.
- Describe the emergency action steps: CHECK—CALL—CARE.
- Identify when it is necessary to call 9-1-1 or the designated emergency number.
- Explain how to check an injured or ill person who appears to be unresponsive.
- Explain how to check a responsive injured or ill person.
- Demonstrate high-quality 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, and describe appropriate first aid care for, the following sudden illnesses: shock, asthma attack, anaphylaxis, heart attack, opioid overdose, diabetic emergencies, high fever, vomiting, diarrhea and dehydration.
- Describe methods used to control life-threatening bleeding, including the application of direct pressure and the application of a commercial tourniquet.
- Demonstrate the application of direct pressure to control life-threatening 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 and environmental illnesses: burns; head, neck and spinal injuries (including concussion); heat stroke; hypothermia; poison exposure.

Courses

The First Aid/CPR/AED program includes the following modules, any of which can be combined to form an Instructor-Led training course:

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

The following Blended Learning Courses are available:

- Adult CPR/AED
- Adult and Pediatric CPR/AED
- Adult First Aid/CPR/AED
- Adult and Pediatric First Aid/CPR/AED
- First Aid
- Pediatric CPR/AED
- Pediatric First Aid/CPR/AED

The following Online Only Courses are available:

- Adult CPR/AED Online Only
- Adult First Aid/CPR/AED Online Only
- First Aid Online Only
- Adult, Child and Baby First Aid/CPR/AED Online Only
- Child and Baby First Aid/CPR/AED Online Only

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

- Skill Boost: Anaphylaxis and Epinephrine Auto-Injector Administration
- Skill Boost: Asthma and Quick-Relief Medication Administration
- Skill Boost: Life Threatening Bleeding and Tourniquet Application
- Skill Boost: Opioid Overdose and Naloxone Administration
- Skill Boost: Head, Neck, Muscle, Bone and Joint Injuries and Splinting

Bloodborne Pathogens Training and Administering Emergency Oxygen can also be added on to any course.

Certification Requirements

- Attend and participate in all class sessions and successfully complete the online session (blended learning courses only).
- Actively participate in all course activities, including assuming various roles during skill practices and assessment.
- Demonstrate competency in all required skills.
- Successfully complete all assessment scenarios.

Instructor

Instructors must hold a First Aid/CPR/AED instructor certificate in order to teach the following First Aid/CPR/AED courses:

- First Aid/CPR/AED Core Courses (Blended Learning and Instructor-Led Training)
- Skill Boost: Anaphylaxis and Epinephrine Auto-Injector Administration
- Skill Boost: Asthma and Quick-Relief Medication Administration
- Skill Boost: Opioid Overdose and Naloxone Administration
- Bloodborne Pathogens Training

Additional training and certification is required to teach the following skill boosts:

- Skill Boost: Head, Neck, Muscle, Bone and Joint Injuries and Splinting
- Skill Boost: Life Threatening Bleeding and Tourniquet Application

Other instructors and instructor trainers such as Lifeguarding and Emergency Medical Response instructors may become certified as First Aid/CPR/AED Instructors after completing an online bridge course. Specific information on eligibility and instructor bridging instructions can be found on the Red Cross Learning Center.

Certificate Issued and Validity Period

All First Aid/CPR/AED certifications, except for 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. Upon 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

- American Red Cross First Aid/CPR/AED Participant's Manual (print or eBook)
- American Red Cross Adult First Aid/CPR/AED Ready Reference Card (print or PDF)
- American Red Cross Pediatric First Aid/CPR/AED Ready Reference Card (print or PDF)
- American Red Cross First Aid Mobile App (available on 02/28/22)

The Adult and Pediatric First Aid/CPR/AED Ready Reference Cards may be downloaded for free from the Red Cross Learning Center or purchased from the Red Cross Store (www.redcross.org/store). After completing a First Aid/CPR/AED class, participant's who have provided a valid email address will receive access to the First Aid/CPR/AED Participant's Manual eBook via email. This eBook is included in the cost of the class.