



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*



Purpose

The purpose of the American Red Cross CPR/AED for Professional Rescuers course is to train professional-level rescuers to respond to breathing and cardiac emergencies in adults, children and infants until more advanced medical personnel take over. This program is offered in both traditional instructor-led and blended learning delivery types.

Prerequisites

None

Learning Objectives

- Identify the responsibilities and characteristics of professional rescuers.
- List the series of events that occur when the emergency medical services (EMS) system is activated.
- Understand how legal considerations affect professional rescuers.
- Recognize a life-threatening injury or illness.
- Demonstrate how to perform a primary assessment.
- Determine when it is appropriate to call for more advanced medical personnel.
- Describe instances in which a victim should be moved.
- Recognize and care for a breathing emergency.
- Demonstrate how to give ventilations using a resuscitation mask (adult/child and infant).
- Demonstrate how to use a bag-valve-mask resuscitator (BVM) with two rescuers.
- Demonstrate how to care for an obstructed airway (adult/child and infant).
- List the links of the Cardiac Chain of Survival.
- Recognize the signs and symptoms of a heart attack.
- Identify how to care for a heart attack.
- Identify special situations that may arise when performing CPR.
- Describe the role and importance of early CPR in cardiac arrest.
- Demonstrate how to perform CPR (adult/child and infant).
- Demonstrate how to perform two-rescuer CPR (adult/child and infant).
- Describe what defibrillation is and how it works.
- Describe the role and importance of early defibrillation in cardiac arrest.
- List the general steps for using an automated external defibrillator (AED).
- Identify precautions for using an AED.
- Demonstrate how to use an AED (adult, child or infant).
- Describe the differences in using an AED (adult, child and infant) when CPR is in progress.
- Decide what care to provide for breathing and cardiac emergencies.

Length

- **Instructor-Led:** 6 hours
- **Blended Learning:** 3 hours of eLearning followed by a 3 hour in-person skill session.

Instructor

Currently certified CPR/AED for Professional Rescuers, Lifeguarding and Emergency Medical Response instructors and instructor trainers.

Certification Requirements

Participants must:

- Attend the entire course.
- Participate in all skill sessions and scenarios.
- Demonstrate competency in all required skills and scenarios.
- Pass the final written exam with a minimum grade of 80 percent.
- *Blended Learning only:* complete all eLearning modules prior to the first in-person skill session.

Certificate Issues and Validity Period

CPR/AED for Professional Rescuers, valid 2 years

Participant Products

CPR/AED for Professional Rescuers Handbook (available in digital and print formats)



Responding to Emergencies: Comprehensive First Aid/CPR/AED

Purpose

The primary purpose of the American Red Cross Responding to Emergencies: Comprehensive First Aid/CPR/AED program is to help students recognize and respond appropriately to cardiac, breathing and first aid emergencies. The courses in this program teach students 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 is designed primarily for use in secondary schools, colleges, universities and other settings that require a curriculum of greater length than the American Red Cross First Aid/CPR/AED program.

Prerequisites

None

Length

Course length varies depending on the course taught and inclusion of optional lessons. The core course, **Responding to Emergencies Adult and Pediatric First Aid/CPR/AED**, is 30 hours.

Program Objectives

Before Giving Care/Checking an Injured or Ill Person

- Describe how to recognize an emergency.
- 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.
- Understand and identify major body cavities, body systems and anatomical terms commonly used to refer to the body.
- Explain how to check a responsive and unresponsive person for life-threatening and non-life-threatening conditions.
- Recognize the signs and symptoms of shock and describe how to minimize its effects.

Before Giving Care/Checking an Injured or Ill Person

- Recognize the signs of a cardiac emergency.
- Identify the links in the Adult and Pediatric Cardiac Chain of Survival.
- Describe how to care for a heart attack.
- Recognize the signs of cardiac arrest, and demonstrate how to give CPR until emergency medical care arrives.
- Identify precautions to take when using an AED on a person in sudden cardiac arrest.
- Demonstrate how to use an AED.
- Demonstrate how to care for a person who is choking.
- Recognize the signs and symptoms of a breathing emergency.

First Aid

- Recognize life-threatening bleeding and demonstrate how to control it.
- Recognize the signs and symptoms of various soft tissue and musculoskeletal injuries, and demonstrate how to care for them, including splinting.
- Identify signs and symptoms of head, neck or spinal injuries.
- Recognize the signs and symptoms of injuries to the chest, abdomen and pelvis, and describe how to care for them.
- Recognize the signs and symptoms of sudden illness – including poisoning; bites; stings; and substances

such as stimulants, hallucinogens and opioids – and describe how to care for them.

- Recognize the signs and symptoms of heat-related emergencies and cold-related emergencies, and describe how to care for them.
- Describe the care given to a person experiencing anaphylaxis.
- Demonstrate the use of an epinephrine auto-injector.
- Recognize the signs and symptoms of water-related emergencies.
- Describe unique considerations when in an emergency involving children, older adults, people with disabilities and people who do not speak your language.

Optional Topics

- Understand the basics of pregnancy, and describe how to give care in emergency childbirth.
- Identify special considerations for first aid care in disaster, remote or wilderness settings.
- Describe the preparation for venturing into an environment where help may be delayed.

Courses

In addition to the core course, Responding to Emergencies: Adult and Pediatric First Aid/CPR/AED, the Responding to Emergencies program contains a variety of additional course options depending on the ages (adult, child or infant) and skills (first aid, CPR and AED) desired to be taught including:

- Responding to Emergencies: First Aid
- Responding to Emergencies: Adult First Aid/CPR
- Responding to Emergencies: Adult First Aid/CPR/AED
- Responding to Emergencies: Pediatric First Aid/CPR
- Responding to Emergencies: Pediatric First Aid/CPR/AED
- Responding to Emergencies: Adult and Pediatric First Aid/CPR

Certification Requirements

In order to successfully complete the course and receive certification, students must:

- Attend and participate in all class sessions. Note: If a student must miss a session, the instructor should assign the appropriate make-up work to cover the course material missed during the student's absence.
- Participate in all skill sessions.
- Demonstrate competency in all required skills and scenarios.
- Pass each section of the written exam with a score of 80 percent or better.

Instructor

Currently certified American Red Cross First Aid/CPR/AED, Emergency Medical Response and Lifeguarding instructors and instructor trainers are eligible to teach courses in the Responding to Emergencies program – no additional instructor certification is needed beyond those current American Red Cross instructor certificates.

Certificate Issued and Validity Period

Upon successful completion of a course in the Responding to Emergency program, students receive American Red Cross certification specific to the course they completed. All Responding to Emergencies certifications are valid for 2 years from the date of course completion.

Student Materials

- *American Red Cross Responding to Emergencies: Comprehensive First Aid/CPR/AED* textbook – available for purchase from the Red Cross Store (www.redcrossstore.org)



Basic Life Support

Fact Sheet

Course Purpose

The American Red Cross Basic Life Support (BLS) course provides participants with the knowledge and skills they need to assess, recognize and care for patients who are experiencing respiratory arrest, cardiac arrest, airway obstruction or opioid overdose. When a patient experiences a life-threatening emergency, healthcare providers need to act swiftly and promptly. The course emphasizes providing high-quality care and integrating psychomotor skills with critical thinking and problem solving to achieve the best possible patient outcomes.

Course Prerequisites

None

Learning Objectives

- Apply concepts of effective teamwork when caring for a patient experiencing a life-threatening emergency.
- Integrate communication, critical-thinking and problem-solving skills during a high-performance BLS team response.
- Apply a systematic, continuous approach to assess, recognize and care for adults, children and infants experiencing a life-threatening emergency.
- Perform a rapid assessment for responsive and unresponsive adults, children and infants.
- Effectively care for adults, children and infants in respiratory arrest.
- State the principles of high-quality CPR for adults, children and infants.
- Identify BLS differences among adults, children and infants.
- Provide high-quality chest compressions for adults, children and infants.
- Deliver effective ventilations to adults, children and infants using a pocket mask and bag-valve-mask (BVM) resuscitator.
- Demonstrate effective use of an automated external defibrillator (AED) for adults, children and infants.

- Provide high-quality BLS care for adults, children and infants in single- and multiple-provider situations.
- Deliver effective abdominal thrusts, back blows and chest thrusts for adults, children and infants with airway obstruction.
- State the principles of care for a patient experiencing an opioid overdose.

Course Options and Lengths

BLS is available through two different delivery formats: Instructor-Led (Classroom) and Blended Learning. Abbreviated versions of the instructor-led course are available with the Review course and Challenge options. A table including estimated lengths of the various BLS course options is provided below.

Course Name	Course Code and Version	Delivery Format	Length (H:MM)
Basic Life Support	HSSBLS101 r.2019	Instructor-Led	4:00
		Blended Learning	Online: 1:30 (Varies) In-Person: 2:00
Basic Life Support Review	HSSBLS101R r.2019	Instructor-Led	2:05
		Blended Learning	Varies
Basic Life Support Challenge	HSSBLS101C r.2019	Instructor-Led	Varies

Instructor

Instructors must hold a Basic Life Support instructor certificate in order to teach BLS. Specific information on eligibility and instructions on how to receive a BLS Instructor certification can be found on Instructor’s Corner.

Certification

Participants who successfully complete the BLS course will be issued a Basic Life Support certification that is valid for two years.

Participant’s Manual

The *Basic Life Support Participant’s Manual* includes coverage of essential emergency care components for all age groups (adult, child, infant) including:

- Rapid Assessment and Visual Survey

- CPR/AED for Adults, Children and Infants
- Obstructed Airways
- Opioid Overdoses
- Critical Thinking, Problem Solving, Communication and Teamwork
- The Emergency Medical Services System
- Legal Considerations
- Precautions

The *Basic Life Support Participant's Manual* may be downloaded for free from www.redcross.org or purchased from the Red Cross Store (www.redcross.org/store).



Advanced Life Support

Fact Sheet

Course Purpose

The American Red Cross Advanced Life Support (ALS) course provides participants with the knowledge and skills they need to assess, recognize and care for patients who are experiencing a cardiovascular, cerebrovascular or respiratory emergency. When a patient experiences a life-threatening emergency, healthcare providers need to act swiftly and promptly. The course emphasizes providing high-quality patient care by integrating psychomotor skills, rhythm interpretation, electrical interventions and pharmacologic knowledge with critical thinking and problem solving to achieve the best possible patient outcomes.

Course Prerequisites

Participants in the American Red Cross Advanced Life Support (ALS) course must be proficient in adult basic life support (BLS) skills.

Learning Objectives

- Demonstrate high-quality basic life support (BLS) skills, including high-quality chest compressions, effective ventilations and use of an AED.
- Apply concepts of effective teamwork when caring for a patient experiencing a cardiovascular, cerebrovascular or respiratory emergency.
- Integrate advanced communication, critical-thinking and problem-solving skills when responding as part of a team to a cardiovascular, cerebrovascular or respiratory emergency.
- Apply a systematic, continuous approach to assess, recognize and care for an adult experiencing a cardiovascular, cerebrovascular or respiratory emergency.
- Effectively assess, recognize and care for an adult experiencing respiratory or cardiac arrest.
- Quickly recognize the nature of a cardiovascular, cerebrovascular or respiratory emergency.
- Provide effective and appropriate advanced life support care to address a cardiovascular, cerebrovascular or respiratory emergency.

- Provide effective and appropriate care after a return of spontaneous circulation (ROSC) during a resuscitation effort.

Course Length

ALS is currently available in both blended learning and instructor-led delivery formats.

ALS Blended Learning Course Length:

- The online session of the Advanced Life Support (ALS) Blended Learning course is designed to be adaptive. Depending on the participant's experience and familiarity with course content, the online session can be completed in 3 hours, 30 minutes to 6 hours, 30 minutes. **Typical completion time for the online session is approximately 5 hours.**
- The blended learning in-person skills session is designed to be taught in approximately 3 hours (required lessons only).

ALS Instructor-Led Course Length:

- The ALS Instructor-Led course is designed to be taught in approximately 10 hours and 15 minutes.

Instructor

Instructors must hold an Advanced Life Support instructor certificate in order to teach ALS. Specific information on eligibility and instructions on how to receive an ALS Instructor certification can be found on Instructor's Corner.

Certification

Participants who successfully complete the ALS course will be issued an Advanced Life Support certification that is valid for two years.

Participant Materials

Blended Learning course participants are required to access the online session of the Advanced Life Support Blended Learning course.

The *Advanced Life Support Participant's Manual* is required for participants in the Advanced Life Support Instructor-Led Training course. The *Advanced Life Support Participant's Manual* is not required for participants taking the Advanced Life Support Blended Learning course. The *Advanced Life Support Participant's Manual* may be downloaded from www.redcross.org or purchased from the Red Cross Store (www.redcross.org/store).



Pediatric Advanced Life Support

Fact Sheet

Course Purpose

The American Red Cross Pediatric Advanced Life Support (PALS) course provides participants with the knowledge and skills they need to assess, recognize and care for pediatric patients who are experiencing a respiratory emergency, shock or a cardiac emergency. When a patient experiences a life-threatening emergency, healthcare providers need to act swiftly and promptly. The course emphasizes providing high-quality patient care by integrating psychomotor skills, rhythm interpretation, electrical interventions and pharmacologic knowledge with critical thinking and problem solving to achieve the best possible patient outcomes.

Course Prerequisites

Participants in the American Red Cross Pediatric Advanced Life Support (PALS) course must be proficient in child and infant basic life support (BLS) skills.

Learning Objectives

- Demonstrate high-quality basic life support (BLS) skills, including high-quality chest compressions, effective ventilations and use of an AED.
- Apply concepts of effective teamwork when caring for a pediatric patient experiencing or a respiratory emergency, shock or a cardiac emergency.
- Integrate advanced communication, critical-thinking and problem-solving skills when responding as part of a team to a respiratory emergency, shock or a cardiac emergency.
- Apply a systematic, continuous approach to assess, recognize and care for a pediatric patient experiencing a respiratory emergency, shock or a cardiac emergency.
- Effectively assess, recognize and care for a pediatric patient experiencing respiratory or cardiac arrest.
- Quickly recognize the nature of a respiratory emergency, shock or a cardiac emergency.
- Provide effective and appropriate pediatric advanced life support care to address a respiratory emergency, shock or a cardiac emergency.

- Provide effective and appropriate care after a return of spontaneous circulation (ROSC) during a resuscitation effort.

Course Length

PALS is currently available in both blended learning and instructor-led delivery formats.

PALS Blended Learning Course Length:

- The online session of the Pediatric Advanced Life Support (PALS) Blended Learning course is designed to be adaptive. Depending on the participant's experience and familiarity with course content, the online session can be completed in 3 hours to 6 hours. **Typical completion time for the online session is approximately 4 hours.**
- The blended learning in-person skills session is designed to be taught in approximately 3 hours (required lessons only).

PALS Instructor-Led Course Length:

- The PALS Instructor-Led course length is designed to be taught in approximately 11 hours and 15 minutes.

Instructor

Instructors must hold an American Red Cross Pediatric Advanced Life Support instructor certificate in order to teach PALS. Specific information on eligibility and instructions on how to receive a PALS Instructor certification can be found on Instructor's Corner.

Certification

Participants who successfully complete the PALS course will be issued a Pediatric Advanced Life Support certification that is valid for two years.

Participant Materials

Blended Learning course participants are required to access the online session of the Pediatric Advanced Life Support Blended Learning course.

The *Pediatric Advanced Life Support Participant's Manual* is required for participants in the Pediatric Advanced Life Support Instructor-Led Training course. The *Pediatric Advanced Life Support Participant's Manual* is not required for participants taking the Pediatric Advanced Life Support Blended Learning course. The *Pediatric Advanced Life Support Participant's Manual* may be downloaded from redcross.org or purchased from the Red Cross Store (redcross.org/store).

Course: Wilderness and Remote First Aid

Purpose

To provide individuals a foundation of first aid principles and skills to be able to respond to emergencies and give care in areas that do not have immediate emergency medical services (EMS) response. This includes wilderness and remote environments, including urban disasters, such as earthquakes and hurricanes.

Prerequisites

- Possess current adult CPR/AED certification
- Be at least 14 years of age on or before the last scheduled session of the course

Learning Objectives

- Define wilderness first aid
- Describe the difference between wilderness first aid and standard first aid
- Describe the importance of immediately establishing control of the scene and starting the primary assessment
- Discuss the importance of doing a secondary assessment
- Discuss calling for help from a delayed-help perspective and evacuation considerations
- Demonstrate a field assessment for injuries to the head
- Define types of abdominal pain and discomfort including gastroenteritis (stomachache) and diarrhea
- Describe the basics of an allergic response and its treatment and prevention
- Define altitude illnesses including acute mountain sickness (AMS), high altitude cerebral edema (HACE) and high altitude pulmonary edema (HAPE)
- Define types of burn injuries
- Demonstrate a field assessment of a person with a chest injury
- Describe the contents of an adequate wilderness and remote first aid kit, and its uses
- Define the different types of heat-related illnesses
- Describe the mechanisms of heat loss versus heat gain
- Demonstrate a field assessment for injuries to bones and joints
- Define shock and discuss the stages of shock
- Define heart attack
- Define serious bleeding and demonstrate control of bleeding
- Describe briefly the general sequence of events during a submersion (drowning) incident
- Describe how lightning can cause injury and/or death

Length

Approximately 16 hours

Instructor

Currently authorized Wilderness and Remote First Aid instructor

Certification Requirements

- Attend all class sessions
- Participate in all skill sessions and activities
- Demonstrate competency in all observable skills
- Complete the scenarios
- If certification required by employer or organization, pass the optional final written exam with a minimum grade of 80 percent

Certificate Issued and Validity Period

Wilderness and Remote First Aid: 2 years

Participant Products/Materials

Wilderness and Remote First Aid Emergency Reference Guide and Pocket Guide Set
(StayWell Stock No. 656232)

Contact Hours

16

CEUs Awarded

1.6



The American Red Cross is approved as an Authorized Provider by the International Association for Continuing Education and Training (IACET), 1760 Old Meadow Road, Suite 500, McLean, VA 22102. The Wilderness and Remote First Aid course qualifies for CEUs under IACET guidelines.