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## **Program: First Aid/CPR/AED**

### **Purpose**

The purpose of the American Red Cross First Aid/CPR/AED program is to help 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.

### **Prerequisites**

None.

### **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**

- Demonstrate how to splint a muscle, bone or joint injury.
- Identify the signals 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.
- Identify the signals 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.
- Demonstrate how to control severe, uncontrollable external bleeding using a manufactured tourniquet.

#### **Length**

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

#### **Instructor**

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

#### **Certification Requirement**

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

#### **Certificate Issued and Validity Period**

- CPR—Adult: 2 years
- CPR—Child: 2 years
- CPR—Infant: 2 years
- CPR/AED—Adult: 2 years
- CPRAED—Child: 2 years
- Standard First Aid: 2 years
- Pediatric First Aid: 2 years

#### **Participant Products/Materials (available in e-book and print formats)**

Join the  
**NEXT  
GENERATION**  
of Red Cross Training



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- 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