



**American
Red Cross**

Instructor Bulletin: First Aid/CPR/AED Program

2016 Program Release Date: January 29, 2016

Last Update: February 15, 2018

Program Overview

Program Purpose

The primary 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 participants 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.

Following the release of the 2015 International Liaison Committee on Resuscitation (ILCOR) Consensus on Science and Treatment Recommendations for CPR and Emergency Cardiovascular Care (ECC) and the 2015 American Heart Association and American Red Cross Guidelines for CPR and First Aid, all program materials were updated to ensure care steps were consistent with these industry standards for emergency care.

Program Highlights

First Aid/CPR/AED Classroom Courses

- English and Spanish-translated instructor and participant materials.
- Course content updated to reflect the latest science and American Red Cross Scientific Advisory Council recommendations including relevant “About the Science” information easily accessible within the lesson plans.
- Instructor and participant materials have been updated based on instructor survey feedback and preferences.
- Instructor materials redesigned to make it easier to prepare for and to deliver course content.
- New classroom activities designed to engage participants and improve learning and retention.

First Aid CPR/AED Blended Learning Courses

- Course content and skill session materials updated to reflect the latest science and American Red Cross Scientific Advisory Council recommendations
- Online portion features simulation learning – an interactive experience where participants respond to real-world emergencies in a variety of settings
- New streamlined method for setting up the online portion of a blended learning course along with an easy-to-use method for participants to register for and access the online course

All program materials are available in digital format for instructors on Instructor’s Corner and for participants at <http://www.redcross.org/participantmaterials>. Print materials and DVDs are available to order from the Red Cross Store (www.redcrossstore.org).

Program Release History (Reverse Chronological Order)

Date	Description
February 15, 2018	<ul style="list-style-type: none"> • Correction for missing August 15, 2017 change history item (the removal of IE from the list of supported browsers for the online portion of blended learning).
December 8, 2017	<ul style="list-style-type: none"> • Changed basic-level certification requirement for instructors from Adult and Pediatric First Aid/CPR/AED to Adult CPR/AED (or higher level). With this change, Basic Life Support or CPR/AED for Professional Rescuers Instructors no longer need to acquire a First Aid base-level certification to bridge to become First Aid/CPR/AED Instructors. This change applies to all instructors and instructor candidates.
August 15, 2017	<ul style="list-style-type: none"> • Removal of IE from the list of supported browsers for the online portion of blended learning.
February 15, 2017	<ul style="list-style-type: none"> • r.2016 Spanish First Aid/CPR/AED program release; digital program materials available on Instructor's Corner, DVD available on redcrossstore.org • Last date to deliver the r.2011 Spanish First Aid/CPR/AED courses except for classes that were scheduled prior to February 15, 2017 • Interim guidance released for Epinephrine administration (Anaphylaxis) based on FDA update to EpiPen® auto-injector use instructions; materials available on Instructor's Corner
July 31, 2016	<ul style="list-style-type: none"> • Last date for instructors to update their instructor certification to the new program • By this date, instructors must maintain a basic-level Adult and Pediatric First Aid/CPR/AED certification • By this date, instructor trainers must have successfully completed a new (r.2016) basic-level Adult and Pediatric First Aid/CPR/AED course as a second part of their requirement for updating their certification • Last date to deliver the r.2011 English First Aid/CPR/AED basic-level courses
April 30, 2016	<ul style="list-style-type: none"> • Last date for instructor trainers to update their instructor trainer certification to the new program
March 15, 2016	<ul style="list-style-type: none"> • New English program print materials and DVDs available to order via redcrossstore.org
February 29, 2016	<ul style="list-style-type: none"> • New Direct Links platform release providing r.2016 First Aid/CPR/AED blended learning program (English only) to AP, LTP and FS customers
January 29, 2016	<ul style="list-style-type: none"> • r.2016 English First Aid/CPR/AED program digital release on Instructor's Corner • r.2016 First Aid/CPR/AED Instructor and Instructor Trainer Update available in the Learning Center • r.2016 version of English First Aid/CPR/AED courses available in Learning Center • r.2011 First Aid/CPR/AED Instructor course can no longer be taught

2015 First Aid and CPR/ECC Science Changes

In October, 2015, the American Red Cross and American Heart Association announced changes to guidelines for administering first aid and the International Liaison Committee on Resuscitation (ILCOR) released the 2015 Consensus on Science and Treatment Recommendations for CPR and Emergency Cardiovascular Care (ECC). Last updated in 2010, these recommendations formed the scientific basis for most first aid and CPR training around the world.

These recommendations and guidelines were reviewed by the Red Cross Scientific Advisory Council and incorporated into the new r.2016 First Aid/CPR/AED program. More information on the Scientific Advisory Council can be found here: <http://www.redcross.org/take-a-class/scientific-advisory-council>

Science Changes and Interim Program Guidance

As first aid and emergency care research continues, studies and research findings and studies necessitate a change to our already published program materials. In these instances, interim program guidance may be released in lieu of full program updates in order to more quickly incorporate the latest science findings and recommendations into Red Cross curriculum. Changes made to the r.2016 First Aid/CPR/AED program since the release in January 2016 are listed below.

Date	Description
February, 2017	<ul style="list-style-type: none">Epinephrine Administration (Anaphylaxis): Updated instruction for administering Epinephrine utilizing an EpiPen® auto-injector to care for severe allergic reaction (Anaphylaxis).

For more information on these changes and the interim guidance, see the “Interim Guidance: 2016 First Aid/CPR/AED Program” document on the First Aid/CPR/AED program page on Instructor’s Corner.

Instructor Courses

Instructor Course Information

The First Aid/CPR/AED instructor course trains instructor candidates to teach the First Aid/CPR/AED courses. To be eligible to participate in the course a First Aid/CPR AED Instructor candidate must:

- Be at least 16 years of age on the last day of the instructor course.
- Possess a current basic-level American Red Cross Adult CPR/AED certification or equivalent or higher (see the equivalency information below).

The format for instructor training is a blended offering that involves a mandatory online Introduction to the First Aid/CPR/AED Instructor Course. To set up a class, complete the Request for Instructor Class Set Up found on Instructor’s Corner. Once your class has been set up in the Learning Center, you will be provided with the information instructor candidates need to self-register. Please allow at least 2.5 weeks for this process.

The instructor course will be a blended learning offering with the following:

1. Online Introduction to the First Aid/CPR/AED Instructor Course
2. Classroom session that begins with a pre-course skill session to evaluate basic-level knowledge and skills followed by sessions in which instructor candidates practice teaching and evaluating skills

Individuals that do not complete the online Introduction to the First Aid/CPR/AED Instructor Course, do not meet the requirements of the precourse skill session, or do not possess a current American Red Cross Adult CPR/AED certification or equivalent or higher are not eligible to participate in the First Aid/CPR/AED instructor course.

The *First Aid/CPR/AED Instructor Trainer’s Guide* is available to internal Red Cross staff via The Exchange and to Authorized Providers (APs) and Licensed Training Providers (LTPs) by completing the Instructor Trainer’s Guide web request form located on Instructor’s Corner.

Course Name	Course Code/ Version	Online Course Length (hh:mm)	Precourse Skills Session	Classroom Session Length (hh:mm)	Certificate Period
First Aid/CPR/AED Instructor	HSSSFA801 r.2016	2:00	1:00	12:00	2 years

Re-Entry Bridge Course

The Re-Entry Instructor Bridge is a blended learning course for former American Red Cross First Aid/CPR/AED instructors. Instructors or instructor trainers whose certification was withdrawn for any reason are not eligible to participate in the modified instructor course. The purpose of the course is to recognize the previous training of American Red Cross First Aid/CPR/AED instructors and to allow these individuals to participate in an abbreviated instructor bridge course to become current American Red Cross First Aid/CPR/AED instructors. To be eligible to participate in the course a First Aid/CPR AED Re-Entry Instructor candidate must:

- Be at least 16 years of age on the last day of the instructor course.
- Possess a current basic-level American Red Cross Adult CPR/AED certification or equivalent or higher.
- Have a First Aid/CPR/AED instructor certification that has been expired for less than 2 years.

The format for Re-Entry Instructor Bridge is a blended offering that involves a mandatory online Introduction to the First Aid/CPR/AED Instructor Course. To set up a class, complete the *Blended Learning Course Request Form* found on Instructor's Corner. Once your class has been set up in the Learning Center, you will be provided with the information instructor candidates need to self- register. Please allow at least 2.5 weeks for this process.

The Re-Entry Instructor Bridge will be a blended learning offering with the following:

1. Online Introduction to the First Aid/CPR/AED Instructor Course
2. Classroom session that begins with a pre-course skill session to evaluate basic-level knowledge and skills followed by sessions in which re-entry instructor candidates practice teaching and evaluating skills

Individuals that have been expired for more than two years, do not complete the online Introduction to the First Aid/CPR/AED Instructor Course, do not meet the requirements of the precourse skill session, or do not possess a current American Red Cross Adult CPR/AED certification or equivalent or higher are not eligible to participate in the First Aid/CPR/AED instructor course.

Course Name	Course Code/ Version	Online Course Length (hh:mm)	Precourse Skills Session	Classroom Session Length (hh:mm)	Certificate Period
First Aid/CPR/AED Re-Entry Instructor Bridge	HSSSFA821 r.2016	2:00	1:00	7:35	2 years

Crossover Instructor Bridge Course

The Crossover Instructor Bridge Course is an online course that allows instructors certified with other organizations (see the equivalency information below) to participate in online training and become certified American Red Cross First Aid/CPR/AED instructors. This course provides an orientation to the American Red Cross and the First Aid/CPR/AED programs materials, policies, and teaching strategies while recognizing their training and teaching experience. Qualified instructor candidates can find course requirements and additional information about the Crossover Instructor Bridge on the First Aid/CPR/AED Instructor's Corner candidate's page.

Course Name	Course Code/ Version	Online Course Length (hh:mm)	Certificate Period
First Aid/CPR/AED Crossover Instructor Bridge	HSSSFA861 r.2016	2:00	2 years

Instructor Trainer Academy Information

To become an Instructor Trainer, an individual must attend an Instructor Trainer Academy. The academies are hosted directly by the American Red Cross. Individuals who wish to attend must complete an online application, participate in a phone interview, and if accepted as an Instructor Trainer candidate, successfully complete the Instructor Trainer Academy. All additional information on this topic, including the online application, can be found on Instructor's Corner.

Instructor Certification Equivalency

To participate in the **Instructor Crossover Bridge**, you must have current instructor-level certification credentials from one of the following agencies (Note: Proof of these certifications is required to complete the instructor certification process):

Organization	Instructor Certification
American Heart Association	HeartSaver First Aid/CPR/AED Instructor Basic Life Support Instructor
Health and Safety Institute (HIS) <ul style="list-style-type: none">Includes American Safety and Health Institute (ASHI) and Medic First Aid	American Safety and Health Institute – CPR, AED and First Aid Instructor or Medic First Aid – CPR, AED and First Aid Instructor
National Safety Council	NSC First Aid CPR and AED Instructor
Canadian Red Cross	First Aid Instructor <ul style="list-style-type: none">Note this instructor course includes CPR/AED
Emergency Care and Safety Institute	ECSI Instructor Development Certification plus Basic First Aid, CPR and AED
Emergency First Response	Emergency First Response Instructor

First Aid/CPR/AED Basic-Level Requirement Equivalency

You are required to have a current basic-level certification in Adult CPR/AED or higher from the American Red Cross or from a Red Cross-approved organization

Organization	Certification
American Red Cross	Adult CPR/AED Basic Life Support for Healthcare Providers CPR/AED for Professional Rescuers Emergency Medical Response Lifeguarding
American Heart Association	HeartSaver Adult CPR/AED Basic Life Support

Health and Safety Institute (HSI) • Includes American Safety & Health Institute (ASHI) and Medic First Aid	Adult CPR/AED
National Safety Council	Adult CPR/AED
Canadian Red Cross	Adult CPR/AED
Canadian Heart & Stroke Foundation	Adult CPR/AED
National Registry of Emergency Medical Technicians, Active State Licensure or Certification	Paramedic, Advanced Emergency Medical Technician, Emergency Medical Technician, Emergency Medical Responder

*Note: American Heart Association HeartSaver First Aid/CPR/AED Instructors or Basic Life Support for Healthcare Providers Instructors are not required to hold a basic-level certification as the AHA Instructor certification covers both basic-level and instructor-level certification.

Basic-Level Courses

Classroom Option

With the r.2016 release, the classroom program materials for both English and Spanish courses have been enhanced and modernized to make it easy for instructors to provide a superior student learning experience in the classroom. Enhancements incorporated in the new program materials include:

- New design for Instructor's Manual based on feedback from instructors
 - 2-column format
 - 2-color design
 - *About the Science* section
 - Icons to aid instructors for better course delivery
- Updated photos and videos
- Engaging, informative motion graphics to enhance learning experience and retention
- More visually pleasing design for the Participant Manual to improve readability
- More student engagement through classroom activities and student participation

The following English and Spanish classroom courses are available:

Course Name	Course Code/ Version	Course Length (hh:mm)	Certificate Period
Adult and Pediatric First Aid/CPR/AED	HSSSFA415 r.2016	5:18	2 years
Pediatric First Aid/CPR/AED	HSSSFA411 r.2016	5:18	2 years
Adult First Aid/CPR/AED	HSSSFA404 r.2016	4:54	2 years
Adult and Pediatric CPR/AED	HSSSFA303 r.2016	3:02	2 years
Pediatric CPR/AED	HSSSFA207 r.2016	3:02	2 years
Adult CPR/AED	HSSSFA107 r.2016	2:38	2 years
First Aid	HSSSFA101 r.2016	4:12	2 years
Primeros auxilios, RCP y DEA pediátricos y para adultos (Spanish Adult and Pediatric First Aid/CPR/AED)	HSSSFA614 r.2016	5:18	2 years
Primeros auxilios, RCP y DEA pediátricos (Spanish Pediatric First Aid/CPR/AED)	HSSSFA619 r.2016	5:18	2 years
Primeros auxilios, RCP y DEA para adultos (Spanish Adult First Aid/CPR/AED)	HSSSFA612 r.2016	4:54	2 years
RCP y DEA pediátricos y para adultos (Spanish Adult and Pediatric CPR/AED)	HSSSFA610 r.2016	3:02	2 years
RCP y DEA pediátricos (Spanish Pediatric CPR/AED)	HSSSFA622 r.2016	3:02	2 years
RCP y DEA para adultos (Spanish Adult CPR/AED)	HSSSFA607 r.2016	2:38	2 years

Last Update: February 15, 2018

Primeros auxilios (Spanish First Aid)	HSSSFA601 r.2016	4:12	2 years
---------------------------------------	------------------	------	---------

Note: Course duration is based on a ratio of 6-10 participants to 1 instructor and a minimum of 1 manikin and 1 AED training device for every 2 participants. Refer to Instructor's Corner for information on additional course options in the First Aid/CPR/AED program.

Blended Learning Option

These courses combine online learning and an instructor-led classroom skill session. The online course features simulation learning -- an award-winning, interactive experience where participants respond to real-world emergencies in a variety of settings. These emergencies, referred to as "missions," are used again in the skill session to transition participants from their interaction in the virtual world of the online course to the training equipment and body mechanics required to demonstrate skill competency for certification.

The following courses are available in the blended learning format in English only:

Course Name	Course Code/ Version	Online Course Length (hh:mm)	Skills Session Length* (hh:mm)	Certificate Period
Adult and Pediatric First Aid/CPR/AED	HSSSFA516 r.2017	2:30	1:15	2 years
Pediatric First Aid/CPR/AED	HSSSFA515 r.2017	2:20	1:15	2 years
Adult First Aid/CPR/AED	HSSSFA514 r.2017	2:05	0:50	2 years
Adult and Pediatric CPR/AED	HSSSFA513 r.2017	1:30	1:10	2 years
Pediatric CPR/AED	HSSSFA512 r.2017	1:20	1:00	2 years
Adult CPR/AED	HSSSFA511 r.2017	1:05	0:35	2 years
First Aid	HSSSFA510 r.2017	1:05	0:25	2 years

*The skills session length is an estimate based on 1 instructor, 10 participants and a 1-to-1 participant to manikin/AED trainer ratio.

Blended Learning Online Course

The online portion of blended learning features simulation learning. Simulation learning provides an engaging online experience where learners respond to real-world emergencies by going on "missions". These missions take place in a variety of settings – from the office cubicle to the factory floor to the school cafeteria. In early missions, a narrator provides extensive direction and feedback to support learner's actions, while in later missions, learners are challenged to practice with less assistance – building their confidence and knowledge prior to attending the in-person skill session. Learners must complete the online course before participating in the skill session.

Blended Learning Skill Session

The skill session is designed to transition participants from the virtual setting of the blended learning online course to the hands-on skills required to demonstrate competency for certification. All elements of the skill session are based on missions in the online course.

Last Update: February 15, 2018

Each mission used in the skill session will be presented using a three-step sequence:

- **Mission Replay:** A fully narrated video version of the correct path through one of the missions participants completed in the online course.
- **Mission Practice:** An instructor-guided run through of the mission that allows participants to practice hands on skills. Instructor offers corrective feedback when necessary.
- **Learning Assessment:** A final run through of the mission completely independently by participants for certification.

Refer to the *First Aid/CPR/AED Blended Learning Skill Session Instructor's Manual Supplement* found on Instructor's Corner for more information on the materials required for conducting these skill sessions.

Blended Learning Online Course for Instructors

Because the blended learning skill session is based on missions from the online course, it is strongly recommended that instructors complete the online content prior to teaching a blended learning course. By completing the online content, instructors will become more familiar with the blended learning missions used in the skill session. Refer to the Direct Links section below for information on how instructors may access blended learning online courses.

System Requirements for the Blended Learning Online Course

Processors	Dual-core processor with a speed greater than or equal to 2.3 GHz
RAM	4 GB
Operating System	Desktop: Microsoft Windows 7/8/10, OS X Snow Leopard 10.6+ Tablet: iPad iOS 7+ (Safari), Android 4.0.3+ (Google Chrome) <i>This course is not supported on smartphone devices.</i>
Browsers	Chrome 49+, Firefox 47+, Safari 9+ <i>Cookies, JavaScript, Images and HTML5 audio/video must be supported</i>
Screen Resolution	1024x768
Color Depth	High Color, 32Bit
Bandwidth	2.0 mbps dedicated or faster. <i>Broadband internet access is recommended.</i>
Audio	A soundcard and either speakers or headphones for multimedia audio.

Direct Links Access to Blended Learning Online Courses

Some basic-level blended learning courses are available via a new platform called Direct Links. This platform offers a streamlined user experience for accessing the online portion and supports blended learning for APs/LTPs. It eliminates the need for instructors to request registration deep links for the online portion. Instructor courses must be set up and scheduled following the processes listed above in the Instructor Courses section and will not use the Direct Links platform.

More information about the Direct Links platform is available on Instructor's Corner.

Course Materials and Supplies

The r.2016 First Aid/CPR/AED program materials are available in both digital and print formats. Digital materials can be accessed through Instructor's Corner. The print materials and DVDs are available to order via redcrossstore.org.

Digital Materials

The following materials have been updated for the r.2016 program version and are available in digital format on Instructor's Corner:

First Aid/CPR/AED Classroom (English and Spanish versions)

- *First Aid/CPR/AED Instructor's Manual*
- Adult First Aid/CPR/AED Course Presentation (Adobe Presenter format)
- Adult & Pediatric First Aid/CPR/AED Course Presentation (Adobe Presenter format)
- *First Aid/CPR/AED Participant's Manual*
- *Adult First Aid/CPR/AED Ready Reference*
- *Pediatric First Aid/CPR/AED Ready Reference*
- First Aid/CPR/AED Videos

First Aid/CPR/AED Blended Learning Skill Sessions (English only)

- *First Aid/CPR/AED Blended Learning Skill Session Instructor's Manual Supplement*
- Mission Replay Videos
- Mission Replay Sheets

Print Materials

The following updated program materials are available for purchase at <http://www.redcrossstore.org/> :

First Aid/CPR/AED Classroom Courses – English language materials

- Deluxe Instructor's Kit w/ backpack includes the following (each available to be purchased individually):
 - *First Aid/CPR/AED Instructor's Manual*
 - *First Aid/CPR/AED Participant's Manual*
 - *Adult First Aid/CPR/AED Ready Reference*
 - *Pediatric First Aid/CPR/AED Ready Reference*
 - *First Aid/CPR/AED DVD* (contains the course presentation and video segments for both the First Aid/CPR/AED program and the updated version of Bloodborne Pathogens Training)
 - Red Cross Instructor Pin
 - First Aid and CPR Combination Pack
- CPR Keychain with Face Shield and Gloves Note: Only the First Aid/CPR/AED DVD is available for purchase in a Spanish language format.

First Aid/CPR/AED Classroom Courses – Spanish language materials

- First Aid/CPR/AED DVD (contains the course presentation and video segments for the First Aid/CPR/AED program)

First Aid/CPR/AED Blended Learning Skill Sessions – English only

- *First Aid/CPR/AED Blended Learning Skill Session DVD* (contains mission videos used to conduct skill session)

Ordering Program Materials and Supplies

Program print materials and DVDs are available for purchase from the Red Cross Store (<http://www.redcrossstore.org/>). Refer to the table below for Red Cross Store item numbers and pricing:

Item #	Item Name	Price per Unit
754000	American Red Cross First Aid/CPR/AED Participant's Manual	\$9.95
754001	American Red Cross Adult First Aid/CPR/AED Ready Reference	\$3.50

754002	American Red Cross Pediatric First Aid/CPR/AED Ready Reference	\$3.50
754003	American Red Cross First Aid/CPR/AED Instructor's Manual	\$49.95
754004	American Red Cross First Aid/CPR/AED DVD (English)	\$174.95
756754	American Red Cross First Aid/CPR/AED DVD (Spanish)	\$174.95
752001	American Red Cross First Aid/CPR/AED Blended Learning Skill Session DVD	\$25.00
150802	First Aid/CPRAED Deluxe Instructors Kit with Backpack	\$199.95

Epinephrine Auto-Injector Training Device

In the r.2016 First Aid/CPR/AED program, all courses that include First Aid require that the instructor demonstrate administration of epinephrine. Free EpiPen® (epinephrine) Auto-Injector training devices are available from Mylan Specialty, L.P. Call toll free (866) 367-2678 and, when prompted, provide your name, mailing address, telephone number and quantity of training devices. Please limit your request to 1-2 training devices. You can expect to receive your training device(s) within 7 to 10 business days.

Guidance for Use of Existing First Aid/CPR/AED

- As of July 31, 2016, r.2011 English course participant materials cannot be used except for basic level courses where classes were already in session and were started prior to July 31, 2016.
- As of January 31, 2016, r.2011 English course instructor materials cannot be used except for instructor level courses where classes were already in session and were started prior to Jan 31, 2016.
- As of July 31, 2016, r.2011 English course print materials are not available for sale.
- As of April 2016, when English printed program materials were released for purchase on the Red Cross Store, r.2011 program products cannot be returned.
- As of July 31, 2016, any r.2011 English course program materials available in digital format on Instructor's Corner are provided for reference only and may not be used to teach.
- As of February 15, 2017, r.2011 Spanish course program materials (includes both instructor and participant materials) cannot be used except for classes that were scheduled prior to February 15, 2017.
- As of February 15, 2017, any r.2011 Spanish course program materials available in digital format on Instructor's Corner are provided for reference only and may not be used to teach except for classes that were scheduled prior to February 15, 2017.