



First Aid CPR/AED Program

Instructor Bulletin

Program Release Date: **December 01, 2021**

Program Overview

The American Red Cross First Aid/CPR/AED 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.

Content in this program is consistent with:

- The International Liaison Committee on Resuscitation (ILCOR) 2020 International Consensus on Cardiopulmonary Resuscitation and Emergency Cardiovascular Care Science with Treatment Recommendations.
- The American Red Cross Focused Updates and Guidelines 2020.

Program Highlights and Enhancements

The First Aid/CPR/AED program content was updated to include policy statements, evidence reviews and guidelines from:

- The International Liaison Committee on Resuscitation (ILCOR)
- The International Federation of Red Cross and Red Crescent Societies
- The Policy Statements, Evidence Reviews and Guidelines of:
 - American Academy of Pediatrics (AAP)
 - American College of Emergency Physicians (ACEP)
 - American College of Obstetrics and Gynecology (ACOG)
 - American College of Surgeons (ACS)
 - Committee on Tactical Combat Casualty Care (CoTCCC)
 - Obstetric Life Support™ (OBLS)
 - Society of Critical Care Medicine (SCCM) and the American College of Critical Care Medicine (ACCM)
 - Surviving Sepsis Campaign (SSC)

Science, Content Changes and Clarifications

The 2021 First Aid, CPR and AED program update has an enhanced focus on life-threatening emergencies and the skills needed to respond to them quickly, when minutes matter. This new focus, in combination with a robust suite

of informational and skill videos, allows students to participate in active learning, featuring peer to peer learning, with more hands-on skill practice during a shorter overall class. Non-life-threatening content will be covered in the Participants Manual and First Aid Mobile App.

A high-level summary of content changes for First Aid/CPR/AED R.21 below:

- **Consent:** Simplification to limit the steps for consent with the goal of making the steps easier for the students to remember. After checking the scene for safety and forming an initial impression, the responder must obtain consent. Before touching the person or giving first aid care, the responder needs to obtain consent (permission) from the injured or ill person (or the person's parent or guardian if the person is a minor). To obtain consent tell the person:
 - Your name.
 - The type and level of training that you have (such as training in first aid or CPR).
 - What you plan to do.
- **Gloves:** The use of gloves during skill practice and assessment scenarios is required to reinforce the importance of standard precautions. Latex- free disposable gloves are still recommended. Not all latex-free gloves are impermeable to blood and other potentially infectious materials. It is important to check that the latex-free gloves you are using will not allow blood and other potentially infectious materials to seep through. Nitrile gloves meet this requirement.
- **Breathing barrier options:** AP/LTP instructors will have the choice to use face shields or pocket masks during skill practice. Service Delivery will continue to use face shields with a one-way valve in Community and Full-Service classes.
- **Infant CPR:** Evidence indicates that the encircling thumbs technique is as effective and less fatiguing than the two-finger technique when performing infant CPR. As a result, the encircling thumbs technique will be taught for single rescuer infant CPR. The two-finger technique is still an acceptable alternative. This change does not impact care for conscious choking infants; rescuers should continue to use the two-finger technique during skill practice and when caring for a conscious choking infant.
- **Ventilations (when caring for a drowning victim):** Rescuers should always start CPR with compressions first, except when responding to a drowning victim. When responding to a drowning victim (adult, infant or child), rescuers should provide ventilations before beginning compressions.
- **Direct Pressure:** Only one dressing should be used to apply pressure. If the dressing becomes soaked, while not preferred, adding one more dressing may be considered. If that dressing becomes saturated, the additional dressing may be removed and replaced with new dressing.
- **Recognizing Sickie Cell Crisis:** Recognizing and giving care for Sickie Cell Crisis and Acute Chest Syndrome will be included in the Participant's Manual.

Basic-Level Courses

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 new optional skill boosts to meet the various training needs of a diverse audience.

First Aid/CPR/AED Instructor Led Training

In addition to updates to the latest science guidelines (not substantially different from the 2016 First Aid/CPR/AED program), program highlights for these products include:

- Shorter overall course times with focused content on life-saving care and easy to remember actions “when minutes matter”.
- Active Learning, featuring Peer-to-Peer learning, and more hands-on skill practice when compared to the 2016 courses:
- Incorporates all-new realistic live-action videos that show real life scenarios to help improve skill mastery and retention. (replaces animation (Sim learning))
- The course and course materials are fully ADA compliant meeting the most current ADA Web Content Accessibility Guidelines Level A & AA checklists.
- Reduced, competitive course seat times for instructor-led training courses
- Updated Participant Ratios:
(*Instructors should follow the latest guidance for social distancing, available on RCLC*)
 - CPR Manikins:
 - Adult CPR manikins (one for every 2-3 participants)
 - Infant manikins (one for every 2-3 participants)
 - Child manikins (optional, one for every 2-3 participants)
 - AED
 - AED training devices (one for every 2-3 participants)
 - AED training pads (one set of adult and one set of pediatric training pads for every 2-3 participants)
 - Skill Practice Sheets and Assessment Scenario Flowcharts
 - Available in the Instructor’s Manual and on Red Cross Learning Center (one packet for every 2-3 participants)
 - Simulation Device for bleeding control
 - E.g., pool noodle or limb trainer (one for every 2-3 participants)

Course Codes and Course Durations

New Course codes are available in the Red Cross Learning Center with “r.21” versions added at the end of the course name. For a full list of AP/LTP First Aid/CPR/AED courses and pricing, see the Training Provider Price List available under Administration Information under the Resources Section on the Red Cross Learning Center.

A summary of the courses is provided in the table below:

Instructor-Led Training Course Name	Course Code/Version	Approximate Course Length (3:1)	Minimum Length (2:1)	Certificate Period
Adult and Pediatric First Aid/CPR/AED	HSSSFA415-r.21	4 hours and 15 minutes	3 hours and 45 minutes	2 years
Adult First Aid/CPR/AED	HSSSFA404-r.21	3 hours and 5 minutes	2 hours and 45 minutes	2 years
Pediatric First Aid/CPR/AED	HSSSFA411-r.21	4 hours and 5 minutes	3 hours and 41 minutes	2 years
Adult and Pediatric CPR/AED	HSSSFA303-r.21	3 hours and 10 minutes	2 hours and 47 minutes	2 years
Pediatric CPR/AED	HSSSFA207-r.21	3 hours and 5 minutes	2 hours and 43 minutes	2 years
Adult CPR/AED	HSSSFA107-r.21	2 hours and 07 minutes	1 hour and 53 minutes	2 years
First Aid	HSSSFA101-r.21	2 hours and 20 minutes	2 hours and 5 minutes	2 years

*The times allotted in the lesson plans include the minimum time required for covering the required activities and do not include optional activities or breaks. Approximate course lengths are based on: A participant-to-instructor ratio of 12:1, the appropriate per-participant equipment recommendations and dividing participants into teams of three for skill practices and assessment scenarios (3:1 student to manikin ratio). Minimum course lengths are based on a 2:1 student to manikin ratio and dividing participants into teams of two for skill practices and assessment scenarios.

Skill Boosts

Skill Boosts include in-depth information about recognizing and giving care for each available topic. Skill practices and assessment scenarios on administering medications, using a tourniquet, and splinting are included in these modules. All Skill Boosts feature active, peer-to-peer learning. The following skill boosts can be taught separately with a valid and current certification in First Aid (including, First Aid/CPR/AED, Lifeguarding, EMR, RTE, etc.) or can be added onto any course.

- **Skill Boost: Anaphylaxis and Epinephrine Auto-Injector Administration (Classroom)**
 Gives individuals the knowledge and skills necessary to recognize anaphylaxis and give care for a person in anaphylaxis by administering medication until advanced EMS personnel arrive and begin their care of the person. Participants must have a valid and current certification in First Aid (inc. First Aid/CPR/AED, Lifeguarding, EMR, RTE, etc.) to take this Skill Boost or can add it onto a First Aid/CPR/AED course.
- **Skill Boost: Asthma and Quick-Relief Medication Administration (Classroom)**
 Gives individuals the knowledge and skills necessary to recognize an asthma attack and give care for a person experiencing an asthma attack by administering medication until advanced EMS personnel arrive and begin their care of the person. This module includes the demonstration of, and skill practice session and assessment scenario for, administering quick-relief medication using an inhaler with spacer. In addition, optional content is available for administering quick-relief medication using a nebulizer device. Participants must have a valid and current certification in First Aid or CPR (inc. First Aid/CPR/AED, Lifeguarding, BLS, EMR, RTE, etc.) to take this Skill Boost or can add it onto a First Aid/CPR/AED course.
- **Skill Boost: Life Threatening Bleeding and Tourniquet Application (Classroom)**
 Gives individuals the knowledge and skills necessary to recognize life-threatening bleeding and give care for a person with life-threatening bleeding until advanced EMS personnel arrive and begin their care of the

person. This skill boost was developed to address the need for training in the use of direct pressure, applying a tourniquet and wound packing to care for life-threatening bleeding. Participants must have a valid and current certification in First Aid (inc. First Aid/CPR/AED, Lifeguarding, RTE, EMR) to take this Skill Boost or can add it onto a First Aid/CPR/AED course.

■ **Skill Boost: Opioid Overdose and Naloxone Administration (Classroom)**

This skill boost was developed to address the need for training in recognizing an opioid overdose and the use of administering naloxone via the nose (nasal spray or nasal atomizer). Participants must have a valid and current certification in First Aid and/or CPR/AED (inc. First Aid/CPR/AED, Lifeguarding, RTE, EMR) to take this Skill Boost or can add it onto a First Aid/CPR/AED course. For the Skill Boost: Opioid Overdose and Naloxone Administration, if participants are not certified in CPR, they must complete skill practice in compression only-CPR for this skill boost. This skill practice is an optional skill practice within the Skill Boost: Opioid Overdose and Naloxone Administration lesson plan.

■ **Skill Boost: Head, Neck, Muscle, Bone and Joint Injuries and Splinting (Classroom)**

This skill boost was developed to address the need for training in recognizing and caring for head, neck and spinal injuries and recognizing and caring for muscle, bone and joint injuries, including the need for training in the use of a rigid splint and a sling and binder. This skill boost also includes additional optional training in the use of a vacuum splint. Participants must have a valid and current certification in First Aid (inc. First Aid/CPR/AED, Lifeguarding, RTE, EMR) to take this Skill Boost or can add it onto a First Aid/CPR/AED course.

A summary of the courses is provided in the table below:

Course Name	Course Code/ Version	Red Cross Classroom Course Length (H:MM)	Certificate Period
Opioid Overdose and Naloxone Administration- Nasal Spray	HSSSFA900-r.21	45 minutes	2 years
Opioid Overdose and Naloxone Administration- Nasal Atomizer	HSSSFA939-r.21	45 minutes	2 years
Anaphylaxis and Epinephrine Auto-Injector Administration	HSSSFA902-r.21	45 minutes	2 years
Asthma and Quick-Relief Medication Administration	HSSSFA903-r.21	45 minutes	2 years
Head, Neck, Muscle, Bone and Joint Injuries and Splinting	HSSSFA904-r.21	1 hour	2 years
Life Threatening Bleeding and Tourniquet Application	HSSSFA905-r.21	1 hour and 15 minutes	2 years

*Only available for the Full-Service channel and Training Providers at launch.

*Opioid Overdose and Naloxone Administration- Nasal Atomizer is only available for Training Providers, not Full-Service

First Aid/CPR/AED Blended Learning Courses

The online portion of blended learning features, adaptive learning functionality with video based interactive scenarios. The online session introduces participants to the knowledge-based aspects of First Aid/CPR/AED, as well as the skills they will practice and master during the skills session of the program. Learners must complete the online course before participating in the skills session.

- New eLearning design and features for the FA/CPR/AED Blended Learning course.
- Adaptive learning functionality designed to offer personalized, focused learning and overall shorter course seat-times. Participants may complete an optional pre-assessment for each lesson to receive an independent learning path based on the results from the pre-assessment. Based on the results of the pre-assessment, participants may “test out” of a lesson, or test out of specific topics within a lesson which can reduce overall seat time.
- Video based Interactive scenarios replaced “game-like” animated scenarios allowing participants to focus on the important decisions related to providing lifesaving care instead of time spent “learning the game”.
- Responsive design allows for a user-friendly experience on a desktop, tablets, and mobile devices, giving learners the flexibility to work through the courses at their convenience.
- Blended learning online content meets the most current ADA Web Content Accessibility Guidelines Level AA checklists which includes screen reader compatibility, closed captioning, audio descriptions, color contrast on text and graphics, limited course audio, open navigation, custom design (images accompanied by text).
- Blended learning course durations
 - The length of the blended learning online session is variable but ranges from 25 minutes to 3 hours and 30 minutes, depending on the course and results of the pre-assessment.

Blended Learning

The instructor- led skills 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. The skills session is focused on skill practice and demonstration of skill competency for all required skills.

Course Name	Course Code/ Version	Online Course Length* (H:MM)	Approximate Skills Session Length* (3:1)	Minimum Skills Session Length* (2:1)	Certificate Period
Adult and Pediatric First Aid/CPR/AED	HSSSFA516 -r.21	3 hours and 50 minutes (varies)	2 hours and 30 minutes	2 hours and 15 minutes	2 years
Pediatric First Aid/CPR/AED	HSSSFA515 -r.21	3 hours and 10 minutes (varies)	2 hours and 25 minutes	2 hours	2 years
Adult First Aid/CPR/AED	HSSSFA514 -r.21	3 hours and 15 minutes (varies)	1 hour and 45 minutes	1 hour and 30 minutes	2 years
Adult and Pediatric CPR/AED	HSSSFA513 -r.21	2 hours and 25 minutes (varies)	2 hours and 10 minutes	1 hour and 47 minutes	2 years
Pediatric CPR/AED	HSSSFA512 -r.21	1 hour and 45 minutes (varies)	2 hours and 5 minutes	1 hour and 43 minutes	2 years
Adult CPR/AED	HSSSFA511 -r.21	1 hour and 50 minutes (varies)	1 hour and 25 minutes	1 hour and 11 minutes	2 years
First Aid	HSSSFA510 -r.21	2 hours and 35 minutes (varies)	1 hour and 13 minutes	1 hour and 9 minutes	2 years

*The length of the blended learning online session is variable, but ranges from 25 minutes to 3 hours, 30 minutes, depending on the course and results of the pre-assessment.

* The times allotted in the lesson plans include the minimum time required for covering the required activities and do not include optional activities or breaks. Approximate skills session lengths are based on: A participant-to-instructor ratio of 12:1, the appropriate per-participant equipment recommendations and dividing participants into teams of three for skill practices and assessment scenarios (3:1 student to manikin ratio). Minimum skill session lengths are based on a 2:1 student to manikin ratio and dividing participants into teams of two for skill practices and assessment scenarios.

*The blended learning courses are only available in English

First Aid/CPR/AED Online Only Courses

Updated versions of our Workplace Online Only Courses will be available. These courses contain the same course content as our blended learning courses, described above. Additionally, participants who successfully complete select First Aid/CPR/AED Online Only class will have 90 days to complete an optional skill session. Upon successful completion of this optional skill session, students will receive an OSHA compliant certificate, valid for 2 years.

Course Name	Online Course Length* (H:MM)
Adult Child and Baby First Aid/CPR/AED Online-OL for AP*	3 hours and 50 minutes (varies)
Child and Baby First Aid/CPR/AED**	3 hours and 10 minutes (varies)
Adult First Aid/CPR/AED	3 hours and 15 minutes (varies)
Adult and Pediatric CPR/AED	2 hours and 25 minutes (varies)
Adult CPR/AED	1 hour and 50 minutes (varies)
First Aid	2 hours and 35 minutes (varies)

*The Adult, Child and Baby First Aid/CPR/AED online course is identical to the online session of the Adult and Pediatric First Aid/CPR/AED blended learning course. The only difference is the name.

**The Child and Baby First Aid/CPR/AED online course is identical to the online session of the Pediatric First Aid/CPR/AED blended learning course. The only difference is the name.

Optional Skills Sessions:

Students that take select* First Aid/CPR/AED online courses will be eligible to take a skills session within 90 days of completing their online course. Students who have already completed a One Year Provisional Certificate online session may complete a r.21 skills session within one year of the date on the provisional certificate.

For more information, please see the Provisional Certificate Program Retirement Page on the Covid Guidance Page on the Red Cross Learning Center.

Course Name	Course Code / Version	Approximate Skills Session Length (3:1)*	Minimum Skills Session Length (2:1)*
Adult and Pediatric First Aid/CPR/AED Skills Session	HSSSFA713 r.21	2:30	2:15
Pediatric First Aid/CPR/AED Skills Session	HSSSFA717 r.21	2:25	2:00
Adult First Aid/CPR/AED Skills Session	HSSSFA714 r.21	1:45	1:30
Adult and Pediatric CPR/AED Skills Session	HSSSFA713 r.21	2:10	1:47
Adult CPR/AED Skills Session	HSSSFA711 r.21	1:25	1:11
First Aid Skills Session	HSSSFA710 r.21	1:13	1:09

*The times allotted in the lesson plans include the minimum time required for covering the required activities and do not include optional activities or breaks. Approximate skills session lengths are based on: A participant-to-instructor ratio of 12:1, the appropriate per-participant equipment recommendations and dividing participants into teams of three for skill practices and assessment scenarios (3:1 student to manikin ratio). Minimum skill session lengths are based on a 2:1 student to manikin ratio and dividing participants into teams of two for skill practices and assessment scenarios.

Minimum Technical Requirements for Blended Learning and Online Only Courses

Operating Systems	<ul style="list-style-type: none"> Microsoft Windows 10+ Mac OS 10.14+, OS 11 +
Connectivity	A high-speed Internet access 5.0 mbps dedicated or faster and one of the below browsers
Browsers	Students must use one of the following supported browsers when launching online courses in the Red Cross Learning Center: <ul style="list-style-type: none"> Apple® Safari® 13+ Microsoft® Edge 85+ IE11 Mozilla® Firefox® 81+ Google Chrome™ 85+
Supported Devices	<ul style="list-style-type: none"> Desktop Supported Tablets: iOS 13+, iPad OS13+, Android 11+ Mobile supported but for optimal interaction recommended using a tablet or desktop browser

Direct Links for Training Providers

Blended learning basic-level courses may be delivered via Direct Links. Instructor courses must be set up in the Red Cross Learning Center in advance and will not use the Direct Links platform. See the Direct Links resource guide on the Red Cross Learning Center for more information on Direct Links, including the new First Aid/CPR/AED Direct Links.

Course Materials and Supplies

All course materials have been updated with the latest science and program changes. Free digital downloads for the Adult and Pediatric First Aid/CPR/AED Ready Reference Cards and *First Aid/CPR/AED Instructor's Manual* are available for instructors from the Red Cross Learning Center or for purchase through the Red Cross Store.

The First Aid/CPR/AED Participants Manual eBook is included with the purchase of basic-level Instructor Led Training and Blended Learning courses. After completing a First Aid/CPR/AED class, participants who have provided a valid email address will receive access to the First Aid/CPR/AED Participant's Manual eBook via email. A print version of the *First Aid/CPR/AED Participants Manual* is also available for purchase through the Red Cross Store.

With the 2021 release, the First Aid/CPR/AED program will have one, fully integrated Instructor's Manual. Lesson plans are included for Instructor Led Training, Blended Learning, Stacked Courses, and Skill Boosts providing end to end direction on how deliver our most popular courses without losing your spot. The Instructor's Manual is available for free digital download on the Red Cross Learning Center and for purchase on the Red Cross Store. The *First Aid/CPR/AED Instructor's Manual* is also available in the First Aid/CPR/AED Deluxe Instructor's Kit.

Item Number	Product Title	Price
754100	American Red Cross First Aid/ CPR/ AED Participant's Manual, Rev. 2021	\$12.95
754102	American Red Cross Pediatric First Aid/ CPR/ AED Ready Reference, Rev. 2021	\$4.25
754103	American Red Cross Adult First Aid/CPR/ AED Ready Reference, Rev. 2021	\$4.25
754101	First Aid/CPR/AED Instructor's Manual, Rev. 2021	\$52.95
754104	First Aid/CPR/AED DVD, Rev. 2021	\$185.00
765210	Deluxe First Aid/CPR/AED Instructor's Kit: <ul style="list-style-type: none">• American Red Cross Instructor Backpack• Instructor's Manual• Participant's Manual• Adult and Peds Ready Reference Cards• DVD• Tourniquet (For Skill Boost)• Naloxone nasal spray reusable demonstration device (For Skill Boost)• Wallcur Practi-Inhaler (For Skill Boost)• Mylan Epi-Pen Epinephrine Auto Injector Training Device (For Skill Boost)	\$258.00

Skill Boost Equipment

Item Number	Product Title	Price
765202	Practi-Inhaler, Training Device for Asthma, pk/5	\$12.95
765201	Epinephrine Auto injector Training Device for Anaphylaxis	\$6.50

765212	Life-Threatening Bleeding and Tourniquet Application Skill Boost Supplies (tourniquet + first aid student training pack)	\$31.95
765211	Splinting Skill Boost supplies (2 - 36" board splints + 5 triangular bandages)	\$21.95
765203	36" padded board splint	\$7.84
765200	Naloxone Nasal Spray Training Device for Opioid Overdose	\$7.95

Digital Materials

The following materials will be available in digital format:

- First Aid/CPR/AED Instructor's Manual, including a digital lesson plan
- First Aid/CPR/AED eLearning Content (on Direct Links)
- First Aid/CPR/AED Course Presentation (available in PPSX versions and via the Course Presentation Manager)
 - Adult and Pediatric First Aid/CPR/AED – Blended Learning
 - Adult and Pediatric First Aid/CPR/AED – Instructor Led Training
 - Adult First Aid/CPR/AED – Blended Learning
 - Adult First Aid/CPR/AED – Instructor Led Training
 - Pediatric First Aid/CPR/AED – Blended Learning
 - Pediatric First Aid/CPR/AED – Instructor Led Training
 - Skill Boost: Anaphylaxis and Epinephrine Auto-Injector Administration – Instructor Led Training
 - Skill Boost: Asthma and Quick-Relief Medication Administration – Instructor Led Training
 - Skill Boost: Life Threatening Bleeding and Tourniquet Application – Instructor Led Training
 - Skill Boost: Opioid Overdoses and Naloxone Administration – Instructor Led Training
 - Skill Boost: Head, Neck, Muscle, Bone and Joint Injuries and Splinting – Instructor Led Training
 - Stacked Courses – Blended Learning
 - Stacked Courses – Instructor Led Training
 - Review and Challenge – Instructor Led Training
- Adult First Aid/CPR/AED Ready Reference Card
- Adult and Pediatric First Aid/CPR/AED Ready Reference Card
- First Aid/CPR/AED Videos
- First Aid/CPR/AED Participant's Manual eBook: The eBook will replace the digital PDF Participant's Manual; a digital PDF version of the r.2021 First Aid/CPR/AED Participant's Manual will not be available. After completing a basic-level First Aid/CPR/AED Instructor-led Training or Blended Learning class, participants who have provided a valid email address will receive an access code to the First Aid/CPR/AED Participant's Manual eBook via email. The r.2021 First Aid/CPR/AED Participant's Manual eBook features:
 - Embedded videos
 - Bookmarking
 - Notes/Highlighting
 - Accessible on Mobile Reader (Mobile App) and Web reader (PC)

Instructions for Instructors to view the Participant's Manual eBook:

To redeem your First Aid/CPR/AED eBook, navigate to our [eReader](#)

To view the eBook:

1. Copy your access code provided here: 2589355463PTZXG2FX
2. Click the eReader link and enter your access code in the access code field.
3. After submitting your access code, enter your full name, email, and set your password for the eReader.
4. You will then be successfully routed to your eBook library, and you will find your eBook title relating to your access code.

Once redeemed, your new eBook will be visible in your bookshelf for 2 years.

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Supported Devices and Operating Systems for First Aid/CPR/AED eBook

iOS, Android, Online & Offline HTML5 Web-based Reader (PC)			
Platform/Device	OS	Minimum Resolution	Minimum Browser Version
Desktop/Laptop	Windows 8/10	1024 x 768	Google Chrome 81+ Firefox 75+
Mac OS	Mac 10.10+	1024 x 768	Safari 11+ Google Chrome 81+
Chrome OS	Chromebook	1024 x 768	Chrome OS 81+
American Red Cross eBook Reader App (Mobile)			
Platforms	Devices		
iOS 12+	Tablets: iPad Air, iPad Air 2, iPad Pro & Above Mobile: iPhone 6, iPhone 6 Plus, iPhone 7 * iPhone X		
Android 9.0+	Tablets: Samsung Galaxy Tab S3, Samsung Galaxy Tab A, Samsung Galaxy Tab S2 and Samsung Galaxy Tab S4 Mobile: Google Pixel 3 XL, One Plus 3T+ Mobile, Google Pixel XL, Samsung M30 S		
Windows Surface	Windows 10 Surface Pro 3		

Key Dates

Date	Description
December 01, 2021	<ul style="list-style-type: none"> • r.21 program Instructor and Instructor Trainer Update available on the Red Cross Learning Center • r.21 program digital release on the Red Cross Learning Center • r.21 program print materials, retail products and DVDs available to order via redcrossstore.org • r.21 program courses available on the Red Cross Learning Center • r.21 program courses available on the Direct Links Platform (English only) to Authorized Provider (AP), Licensed Training Provider (LTP), and Full Service customers
January 11, 2022	<ul style="list-style-type: none"> • Last day to complete and report 1-Year Provisional Courses

Early Spring	<ul style="list-style-type: none"> First Aid Mobile App Update Released
June 30, 2022	<ul style="list-style-type: none"> r.2021 Spanish First Aid/CPR/AED program release; digital program materials available on the Red Cross Learning Center, DVD available on redcrossstore.org
August 16, 2022	<ul style="list-style-type: none"> Last date to post the r.16 version of First Aid/CPR/AED courses via Class Posting Service.
August 30, 2022	<ul style="list-style-type: none"> Last date for First Aid/CPR/AED Instructors and Instructor Trainers to update their instructor certification to the new program Last date to deliver the r.2016 English First Aid/CPR/AED basic-level courses
September 12, 2022	<ul style="list-style-type: none"> Last date for Training Providers to report and close out any r.2016 First Aid/CPR/AED courses
December 30, 2022	<ul style="list-style-type: none"> Last date for instructors to deliver the r.2016 Spanish First Aid/CPR/AED

Instructor and Instructor Trainer Update

In order to teach the 2021 program, instructors and instructor trainers must complete the online update. Once complete, instructor trainers will be issued a new Instructor Trainer and Instructor certification.

In order to complete the online update, navigate to the Red Cross Learning Center INSTRUCTOR LIFECYCLE/PROGRAM UPDATES to review the document containing the update information and links to self-enroll.

If you are an Instructor Trainer you do not need to complete the Instructor Update. Upon successful completion of the online update Instructor Trainers will be issued a new Instructor Trainer and Instructor certification.

Detailed instructions for these options can be found on the First Aid/CPR/AED Candidates page: <https://www.redcrosslearningcenter.org/s/candidate-resources-first-aid-cpr-aed>.

Instructor Course

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 Adult CPR/AED certification or equivalent or higher (see equivalency information below).

The First Aid/CPR/AED instructor course r.21 will be a blended learning offering with the following:

1. Online Introduction to the First Aid/CPR/AED Instructor Course that includes additional instructor candidate resources, along with how to conduct skill and assessment sessions and critical eye videos.
2. Shortened Class time (5 hours and 30 minutes). Classroom session begins with a Practice and polish skill session followed by sessions in which instructor candidates will have 2 practice teaching assignments.

Individuals that do not complete the online Introduction to the First Aid/CPR/AED Instructor Course, 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 on Red Cross Learning Center for those who hold an Instructor Trainer certification.

Course Name	Online Course Length (hh:mm)	Classroom Session Length (hh:mm)	Certificate Period
First Aid/CPR/AED Instructor r.21	2:00	5:30	2 Years

Instructor Bridge

The Instructor Bridge recognizes training and teaching experience by allowing instructors currently certified with the Red Cross or with other organizations (see the equivalency information below) to complete an online course and become certified as an American Red Cross First Aid/CPR/AED instructor. The online course provides instructor candidates with an introduction to the American Red Cross and an orientation to the First Aid/CPR/AED program materials, policies and teaching strategies.

Detailed instructions for this option can be found on the First Aid/CPR/AED Candidates page:

<https://www.redcrosslearningcenter.org/s/candidate-resources-first-aid-cpr-aed>

Option for Red Cross BLS/ALS/PALS Instructors

Current American Red Cross Basic Life Support (BLS), Advanced Life Support (ALS) or Pediatric Advanced Life Support (PALS) instructors may add an American Red Cross First Aid/CPR/AED Instructor certification with the following additional credentials:

Current Red Cross Certification	Additional Credentials to Add First Aid/CPR/AED
BLS Instructors	<ul style="list-style-type: none"> Basic-level certification in First Aid OR license as an MD, DO, RN, EMT, Paramedic or Athletic Trainer
ALS or PALS Instructors	<ul style="list-style-type: none"> Basic-level certification in First Aid OR license as an MD, DO, RN, EMT, Paramedic or Athletic Trainer Basic or instructor-level certification in Basic Life Support from Red Cross or an approved, equivalent training provider.

Detailed instructions for this option can be found on the First Aid/CPR/AED Candidates page:

<https://www.redcrosslearningcenter.org/s/candidate-resources-first-aid-cpr-aed>.

Instructor Trainer Academy

To become an Instructor Trainer, an individual may 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,

and if accepted as an Instructor Trainer candidate, successfully complete the Instructor Trainer Academy. Additional information on this topic, including the online application, can be found on Red Cross Learning Center under Instructor Lifecycle/IT Candidates.

Requirements to apply to be a First Aid/CPR/AED Instructor Trainer have been simplified and reduced to ease the application process, including shorter American Red Cross teaching history and minimum classes taught.

The new First Aid/CPR/AED Instructor Trainer Academy will now be a blended learning offering with the following:

1. The online session provides an orientation to the American Red Cross, an orientation to the First Aid/CPR/AED Instructor Trainer Academy, a review of the First Aid/CPR/AED Instructor course materials, content on how to prepare for and teach the First Aid/CPR/AED Instructor course and a final exam.
2. In-person class time has been reduced from 3 days to 2 days (16 hours). Classroom session begins with a Practice and polish skill session followed by sessions in which instructor Trainer candidates will have 4 practice teaching assignments.

Course Name	Online Course Length (hh:mm)	Classroom Session Length (hh:mm)	Certificate Period
First Aid/CPR/AED Instructor Trainer Academy	2:00	16:00	2 years

Instructor Trainer Bridge

The Instructor Trainer Bridge recognizes training and teaching experience by allowing instructor trainers currently certified with the Red Cross or with organizations (see the equivalency information below) to complete an online course and become certified as American Red Cross First Aid/CPR/AED instructor trainers. The online course provides instructor trainer candidates an introduction to the American Red Cross, an orientation to the First Aid/CPR/AED program materials, policies, and teaching strategies and information on how to deliver the First Aid/CPR/AED instructor course.

Detailed instructions for this option can be found on the First Aid/CPR/AED Candidates page:

<https://www.redcrosslearningcenter.org/s/candidate-resources-first-aid-cpr-aed>

Option for Red Cross BLS/ALS/PALS Instructor Trainers

Current American Red Cross Basic Life Support (BLS), Advanced Life Support (ALS) or Pediatric Advanced Life Support (PALS) instructor trainers may add an American Red Cross First Aid/CPR/AED Instructor Trainer certification with the following additional credentials:

Current Red Cross Certification	Additional Credentials to Add First Aid/CPR/AED
BLS Instructor Trainers	<ul style="list-style-type: none">• Basic-level certification in First Aid OR license as an MD, DO, RN, EMT, Paramedic or Athletic Trainer

ALS or PALS Instructor Trainers	<ul style="list-style-type: none"> • Basic-level certification in First Aid OR license as an MD, DO, RN, EMT, Paramedic or Athletic Trainer • Basic or instructor-level certification in Basic Life Support from Red Cross or an approved, equivalent training provider.
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Detailed instructions for this option can be found on the First Aid/CPR/AED Candidates page:
<https://www.redcrosslearningcenter.org/s/candidate-resources-first-aid-cpr-aed>.

Instructor Certification Equivalency

To participate in the Instructor Bridge, individuals 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 accepted to participate in the First Aid/CPR/AED Instructor Bridge
American Red Cross	Basic Life Support Advanced Life Support Pediatric Life Support CPR/AED for Professional Rescuers Emergency Medical Response Lifeguarding
American Heart Association*	HeartSaver First Aid/CPR/AED Instructor Basic Life Support Instructor
Health and Safety Institute (HSI) <ul style="list-style-type: none"> • Includes American Safety and Health Institute (ASHI) and Medic First Aid 	CPR, AED and First Aid Instructor or Medic First Aid – CPR, AED and First Aid Instructor
National Safety Council	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
First Response Training International	CPR, First Aid, AED

*Note: As American Heart Association (AHA) instructors are required by AHA to maintain a provider level (basic-level) certification, AHA HeartSaver Instructors are not required to submit proof of a provider-level (basic-level) certification to participate in the instructor bridge.

Instructor Trainer Certification Equivalency

To participate in the Instructor Trainer 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 Trainer Certification accepted to participate in the First Aid/CPR/AED Instructor Trainer Bridge
American Red Cross	Emergency Medical Response Instructor Trainer Lifeguarding Instructor Trainer Basic Life Support Instructor Trainer CPR/AED for Professional Rescuers Instructor Trainer Advanced Life Support Instructor Trainer Pediatric Advanced Life Support Instructor Trainer
American Heart Association*	BLS Training Center Faculty ACLS Training Center Faculty PALS Training Center Faculty Training Center Faculty
Health and Safety Institute (HSI) • Includes American Safety and Health Institute (ASHI) and Medic First Aid	CPR, AED and First Aid Instructor Trainer Basic Life Support Instructor Trainer CPR Pro for the Professional Rescuer Instructor Trainer
National Safety Council	NSC First Aid CPR and AED Instructor Trainer
Canadian Red Cross	First Aid Instructor Trainer • Note: CRC First Aid includes CPR/AED
Emergency Care and Safety Institute	ECSI Instructor Trainer Development Certification plus Basic First Aid, CPR and AED
Emergency First Response	Emergency First Response Instructor Trainer
Canadian Heart and Stroke Foundation	Basic Life Support
Jeff Ellis and Associates	Lifeguarding Instructor Lifeguarding Instructor Trainer
StarGuard ELITE	Lifeguarding Instructor (3 star)

*Note: As American Heart Association (AHA) Training Center Faculty are required by AHA to maintain a provider level (basic-level) certification, AHA Training Center Faculty are not required to submit proof of provider-level (basic level) certification to participate in the instructor trainer bridge.

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 Advanced Life Support CPR/AED for Professional Rescuers Emergency Medical Response Lifeguarding
American Heart Association	HeartSaver FirstAid/CPR/AED Basic Life Support

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

*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.

Skill Boosts

American Red Cross First Aid/CPR/AED instructors are eligible to teach the following skill boosts:

- Skill Boost: Opioid Overdose and Naloxone Administration
- Skill Boost: Anaphylaxis and Epinephrine Auto-Injector Administration
- Skill Boost: Asthma and Quick-Relief Medication Administration

With additional training instructors are also eligible to teach:

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

There are two options for obtaining instructor certifications for these skill boosts:

- Obtain a basic-level certification by taking the necessary skill boost class OR have an equivalent certification or license in the appropriate discipline, then register for the skill boost instructor bridge and successfully complete the online portion.
- Successfully complete a virtual skill boost instructor class.

Detailed instructions for adding a skill boost instructor certification to your profile can be found on the First Aid/CPR/AED Candidates page: <https://www.redcrosslearningcenter.org/s/candidate-resources-first-aid-cpr-aed>.

Additional Resources

Continuing Education Units

Professionals who need continuing education units to maintain licensure or certification can obtain CEUs through American Red Cross Training Services. Once training has been successfully completed, a CEU certificate, along with a course certificate, will be sent to students who provided an email address. Students, who took training through a third-party provider, should contact the provider or instructor to obtain a copy of the CEU certificate. Class participants should verify with their appropriate accrediting organization that CEUs received from taking Red Cross courses will be accepted.

Red Cross Learning Center

Program Page: First Aid/CPR/AED

This password-protected page for current American Red Cross instructors houses all training materials, resources and documents needed to teach the Bloodborne Pathogens Training course.

The Red Cross Learning Center (redcrosslearningcenter.org) provides functionality for American Red Cross Training Services users to administer, track, report and deliver training as well as maintain certification data. The Red Cross Learning Center includes all the content used by students, instructors and training provider partner administrators in one place. Users access different resources and functionality based on user profile roles (as a student, as an instructor or as a partner administrator).

Training Support Center

The Training Support Center (TSC) is available to assist Training Providers with program inquiries, course record entry, billing inquiries, and other support functions for administrators, instructors, and instructor trainers.

TSC representatives are available through the “Click to Chat” or “Create a Support Case” functionality on the Red Cross Learning Center (www.redcrosslearningcenter.org) “Questions ” page, by e-mail at support@redcrosstraining.org, or by phone at 1-800-RED-CROSS.

The hours of operation for the TSC are:

Monday—Friday from 7:30 a.m. to 11:00 p.m. ET Saturday from 7:30 a.m. to 8:00 p.m. ET