

# Course: First Aid—Responding to Emergencies with Adult, Child and Infant CPR/AED



## **Purpose**

Provide the citizen responder with the knowledge and skills necessary in an emergency to help sustain life and minimize the consequences of injury or sudden illness until advanced medical help arrives.

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.

This program contains the following components:

- First Aid
- Adult CPR
- Adult AED
- Child CPR
- Child AED
- Infant CPR

## **Prerequisites**

None

## **Learning Objectives**

- Explain how the Emergency Medical Services (EMS) system works and the citizen responder's role in the EMS system, including how and when to call 9-1-1 or the local emergency number.
- Recognize the signals of breathing emergencies, including choking, and demonstrate how to provide first aid for choking.
- Identify the major risk factors for cardiovascular disease and describe how to minimize them.
- Recognize the signals of unconscious choking, and demonstrate how to provide care.
- Recognize the signals of a possible heart attack, and describe how to care for someone who is experiencing persistent chest pain.
- Recognize the signals of cardiac arrest, and demonstrate how to provide CPR until emergency medical care arrives.
- Recognize life-threatening bleeding, and demonstrate how to control it.
- Recognize the signals of shock, and describe how to minimize its effects.
- Recognize the signals of various soft tissue and musculoskeletal injuries and demonstrate how to care for them.
- Recognize the signals of sudden illness, including poisoning, bites and stings, and heat and cold emergencies, and describe how to care for them.
- Describe when and how to move a victim in an emergency situation.

## **Length**

Length will vary depending on selected course options. Refer to the instructor's manual for further information.

**Instructor**

A currently authorized American Red Cross Lay Responder First Aid and CPR/AED, Emergency Response, Lifeguarding or CPR/AED for the Professional Rescuer instructor.

**Certification Requirement**

- Attend and participate in all course sessions.
- Demonstrate competency in all required skills listed on the skills checklist.
- Participate in all skills sessions.
- Pass each section of the written exam with a score of 80 percent or better.

**Certificate Issued and Validity Period**

First Aid—Responding to Emergencies – 3 years

CPR/AED certificate(s) – 1 year

Epinephrine Auto-Injector Training – Validity period is 1 year

Asthma Inhaler Training – Validity period is N/A

**Participant Products/Materials**

- *American Red Cross First Aid—Responding to Emergencies Participant’s Manual*  
(StayWell Stock No. 656136)