



# First Aid/CPR/AED

## Instructions for New (First-Time) Instructor Candidates

These instructions are for instructor candidates who have never received First Aid/CPR/AED instructor certification through American Red Cross or an approved, equivalent training provider or for instructor candidates with an expired First Aid/CPR/AED instructor certification.

To become an American Red Cross First Aid/CPR/AED instructor, you will need to successfully complete the First Aid/CPR/AED Instructor Course, a blended learning course, following these steps:

- **Step 1:** Meet the course prerequisites and register for the instructor course
- **Step 2:** Complete the instructor course online session, and obtain and review the digital course materials.

**Note:** digital course materials are provided with the online course in the Red Cross Learning Center under the Materials tab and under Instructor Candidate Resources. You can also purchase the print versions of the course materials by linking to the [Red Cross Store](#) from the Learning Center.

- **Step 3:** Successfully complete the pre-course skills session
- **Step 4:** Successfully complete the course in-person session

The First Aid/CPR/AED Instructor course is taught by American Red Cross Instructor Trainers. Upon successful completion of the course, candidates will receive an American Red Cross First Aid/CPR/AED Instructor certification, valid for 2 years.

## Step 1: Meet the Course Prerequisites and Register for the Instructor Course

To participate in the American Red Cross First Aid/CPR/AED Instructor course, instructor candidates must:

- Be at least 16 years of age on the last day of the instructor course
- Possess a current basic-level certification in Adult CPR/AED (or higher-level) from the American Red Cross or an equivalent from the table below. Bring digital or printed proof of certification to class.

Organization	Certification
<b>American Red Cross</b> *Online only classes do not meet this requirement.	<ul style="list-style-type: none"> <li>• First Aid/CPR/AED</li> <li>• Basic Life Support</li> <li>• Advanced Life Support</li> <li>• CPR/AED for Professional Rescuers</li> <li>• Emergency Medical Response</li> <li>• Lifeguarding</li> </ul>
<b>American Heart Association</b>	<ul style="list-style-type: none"> <li>• HeartSaver CPR/AED</li> </ul>
<b>Health and Safety Institute (HSI) – includes ASHI and Medic First Aid</b>	<ul style="list-style-type: none"> <li>• CPR/AED</li> </ul>
<b>National Safety Council</b>	<ul style="list-style-type: none"> <li>• CPR/AED</li> </ul>
<b>Canadian Red Cross</b>	<ul style="list-style-type: none"> <li>• CPR/AED</li> </ul>
<b>Canadian Heart and Stroke Foundation</b>	<ul style="list-style-type: none"> <li>• CPR/AED</li> </ul>
<b>National Registry of Emergency Medical Technicians, Active State Licensure or Certification</b>	<ul style="list-style-type: none"> <li>• Paramedic</li> <li>• Advanced Emergency Medical Technician</li> <li>• Emergency Medical Technician</li> <li>• Emergency Medical Responder</li> </ul>

Search for and register for a course on [Redcross.org](https://www.redcross.org) or through a Red Cross provider.

## Step 2: Complete the Instructor Course Online Session and Review the Digital Course Materials

The First Aid/CPR/AED Instructor course online session is to be completed before the First Aid/CPR/AED Instructor course in-person session. This online session consists of an orientation to the American Red Cross, an orientation to the First Aid/CPR/AED program and the First Aid/CPR/AED Instructor Course and content on how to prepare for and teach the courses in this program. The online session takes approximately 2 hours to complete.

First Aid/CPR/AED Instructor Candidates should obtain and review the following course materials prior to completing the First Aid/CPR/AED Instructor Course Online Session:

- First Aid/CPR/AED Instructor Bulletin
- First Aid/CPR/AED Instructor's Manual
- First Aid/CPR/AED Blended Learning Skill Session Instructor's Manual Supplement
- First Aid/CPR/AED Participant's Manual
- First Aid/CPR/AED Ready Reference
- First Aid/CPR/AED Course Presentation
- First Aid/CPR/AED Video Segments

Digital materials are available on the Instructor Candidate Resources page of the Red Cross Learning Center (<https://www.redcrosslearningcenter.org/s/candidate-resources-first-aid-cpr-aed>). Print materials and DVDs are available for purchase by linking over from the Learning Center or at [redcross.org/store](https://www.redcross.org/store). Bring copies of the Instructor's Manual & Participant's Manual to class.

Due to COVID-19, please obtain and review the following documents on the Red Cross Learning Center (link above) before class.

- First Aid/CPR/AED Guidelines for Implementing a Social Distancing Approach
- First Aid/CPR/AED Social Distancing Approach-Caring for a Choking Adult or Child
- First Aid/CPR/AED Social Distancing Guidelines Using Direct Pressure to Control External Bleeding

### **Step 3: Successfully Complete the Pre-Course Skills Session**

The pre-course skills session will evaluate your first aid, CPR and AED skills and is conducted at the beginning of the in-person course session. During this session, instructor candidates must demonstrate competency as the responder in the following scenarios:

- Adult CPR/AED scenario.
- Infant CPR/AED scenario.
- First aid for bleeding scenario. \*Using Social Distancing approach.

You must successfully demonstrate competency in the pre-course skills session to continue in the instructor course.

### **Step 4: Successfully Complete the In-Person Session**

To successfully complete the in-person session, instructor candidates must:

- Attend and actively participate in all course sessions
- Successfully complete class activities, including the required practice-teaching assignments
- Demonstrate instructor-level skill competency in all skills and scenarios □ Pass the final written exam with a minimum grade of 80%

The in-person session is approximately 13 hours in length.

Upon successful completion of the First Aid/CPR/AED Instructor Course, an American Red Cross First Aid/CPR/AED Instructor Certification will be added to your profile in the Learning Center; this instructor certification will be valid for two years.

Prior to accessing instructor permissions in the Red Cross Learning Center and teaching American Red Cross courses, you must be affiliated with an American Red Cross Training Provider or be employed as a paid or volunteer instructor of the American Red Cross. This requirement is in addition to holding a current instructor certification. If you are not already affiliated with a Training Provider and do not plan to teach as an American Red Cross paid or volunteer instructor, please ask your organization's administrator to request to affiliate you to the organization's Training Provider agreement.