



# First Aid/CPR/AED Blended Learning

## Purpose

The American Red Cross First Aid/CPR/AED r.21 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. This program offers a choice of First Aid, CPR and AED courses in a blended learning (online learning with instructor-led skill session) format.

## Prerequisites

There are no prerequisites for the core courses within the First Aid/CPR/AED Blended Learning program.

## Length

Course length: Online - 3 hours and 50 minutes (varies); In Class - 2 hours and 15 minutes.

## Learning Objectives

- Describe how to recognize an emergency and gain confidence to act.
- Explain how to lower the risk for infection when giving care.
- Understand legal concepts as they apply to lay responders, such as consent.
- Describe the emergency action steps: CHECK—CALL—CARE.
- Identify when it is necessary to call 9-1-1 or the designated emergency number.
- Explain how to check an injured or ill person who appears to be unresponsive.
- Explain how to check a responsive injured or ill person.
- Demonstrate high-quality CPR and use of an automated external defibrillator (AED) for a person who is in cardiac arrest.
- Demonstrate first aid care for a person who is choking.
- Recognize the signs and symptoms of, and describe appropriate first aid care for, the following sudden illnesses: shock, asthma attack, anaphylaxis, heart attack, opioid overdose, diabetic emergencies, high fever, vomiting, diarrhea and dehydration.
- Describe methods used to control life-threatening bleeding, including the application of direct pressure and the application of a commercial tourniquet.
- Demonstrate the application of direct pressure to control life-threatening bleeding.
- Explain when a commercial tourniquet should be used and describe the basic principles of using a tourniquet.
- Recognize the signs and symptoms of, and describe appropriate first aid care for, the following injuries and environmental illnesses: burns; head, neck, and spinal injuries (including concussion); heat stroke; hypothermia; poison exposure.

## Certification Requirements

- Attend and participate in all class sessions and successfully complete the online session.
- Actively participate in all course activities, including assuming various roles during skill practices and assessment.
- Demonstrate competency in all required skills.
- Successfully complete all assessment scenarios

## Certificate Issued and Validity Period

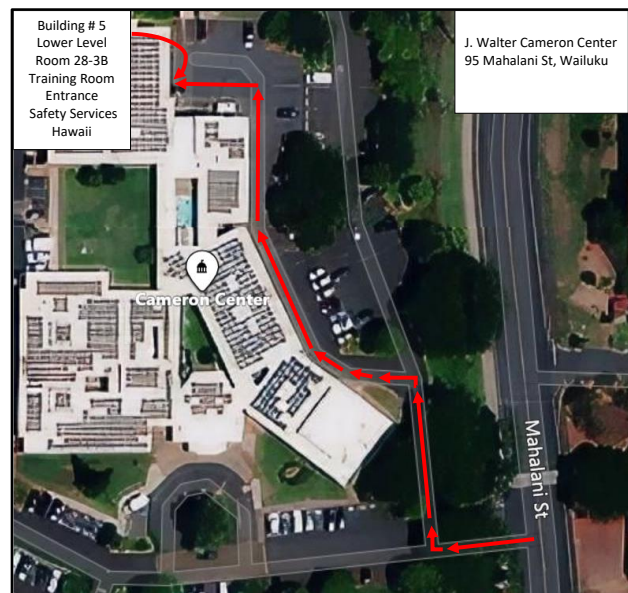
All First Aid/CPR/AED certifications are valid for 2 years from the date of course completion. Upon successful completion of a course in the First Aid/CPR/AED program, participants receive American Red Cross certification specific to the course they completed.

## Participant Products/Materials

The Adult and Pediatric First Aid/CPR/AED Ready Reference Cards may be downloaded for free from the Red Cross Learning Center or purchased from the Red Cross Store ([www.redcross.org/store](http://www.redcross.org/store)). 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. This eBook is included in the cost of the class.

## Location of In-person training

Safety Services Hawaii Training Room  
95 Mahalani Street,  
Building # 5 Lower Level  
Wailuku, HI 96793  
Room 28-B3



## Cancellation and Refunds

A cancellation charge of 10% of the course cost is applied if a student wishes to cancel a course after enrolling. If the cancellation is within one week of course start date, a cancellation charge of 50% of the course cost is applied. If the cancellation is within 48 hours, there is no refund.

Students may request to transfer to a future class. Accommodations for transfer are based on scheduling and availability.

