Instructor Bulletin

2016 First Aid/CPR/AED Program

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.

The care steps in the program are consistent with 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.

Program Highlights
First Aid/CPR/AED Classroom Courses

- 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 virtual setting
- Online portion offers two alternate paths to complete the course – one designed for first-time learners and one for those who have previously been certified in the course content and skills
- 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

This program is being released with all materials available in digital format. Print materials and DVDs will be available to order via redcrosstore.org in late March with deluxe instructor kits available for preorder in December from www.redcrossstore.org.

Updated February 5, 2016
<table>
<thead>
<tr>
<th>Key Dates and Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>December 1, 2015</td>
</tr>
<tr>
<td>• Deluxe instructor kits available for preorder via redcrossstore.org</td>
</tr>
<tr>
<td>January 29, 2016</td>
</tr>
<tr>
<td>• First Aid/CPR/AED program r.2016 releases digitally on Instructor’s Corner website</td>
</tr>
<tr>
<td>• 2016 First Aid/CPR/AED Instructor and Instructor Trainer Update available in the Learning Center</td>
</tr>
<tr>
<td>• 2016 version of First Aid/CPR/AED courses available in American Red Cross Learning Center</td>
</tr>
<tr>
<td>• As of this date, instructor trainers cannot teach the 2011 release First Aid/CPR/AED instructor course.</td>
</tr>
<tr>
<td>February 29, 2016</td>
</tr>
<tr>
<td>• New Direct Links platform releases providing 2016 First Aid/CPR/AED blended learning programs to AP and LTP customers</td>
</tr>
<tr>
<td>Late March, 2016</td>
</tr>
<tr>
<td>• New program print materials and DVDs available to order via redcrossstore.org</td>
</tr>
<tr>
<td>April 30, 2016</td>
</tr>
<tr>
<td>• Last date for instructor trainers to update their instructor trainer certification to the new program</td>
</tr>
<tr>
<td>July 31, 2016</td>
</tr>
<tr>
<td>• Last date for instructors to update their instructor certification to the new program</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>• By this date, instructors have to maintain a basic-level Adult and Pediatric First Aid/CPR/AED certification.</td>
</tr>
<tr>
<td>• By this date, instructor trainers have to successfully complete a new (r.2016) basic-level Adult and Pediatric First Aid/CPR/AED course as a second part of their requirement for updating.</td>
</tr>
<tr>
<td>• Last date to deliver the 2011 release First Aid/CPR/AED basic-level courses</td>
</tr>
</tbody>
</table>

**Scientific Changes**

In October, 2015, the American Red Cross and American Heart Association announced changes to guidelines for administering first aid. Among the most noteworthy revisions are new and updated recommendations for the treatment of bleeding; recognition of stroke; recovery position; anaphylaxis (severe allergic reaction); use of aspirin with heart attacks; and treatment of hypoglycemia (low blood sugar) in diabetics.

Volunteer experts from 14 national and international organizations joined the Red Cross and the American Heart Association in reviewing 22 separate first aid questions. Experts analyzed the science behind each question and worked to reach consensus on related treatment recommendations with the goal of reducing morbidity and mortality due to emergency events. Last updated in 2010, these recommendations from the recognized scientific basis for most first aid training around the world.

These recommendations and guidelines were reviewed by the Red Cross Scientific Advisory Council and incorporated into the new program. To learn more about the changes, view the online presentation “Science Changes – What You Need to know”: [http://www.instructor-ecc.info/about-the-science/new-protocols-and-procedures/](http://www.instructor-ecc.info/about-the-science/new-protocols-and-procedures/)


Additional information on the Red Cross Scientific Advisory Council can be found here: [http://www.redcross.org/take-a-class/scientific-advisory-council](http://www.redcross.org/take-a-class/scientific-advisory-council)
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 and Pediatric First Aid/CPR/AED certification or equivalent (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 and Pediatric First Aid/CPR/AED certification or equivalent 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.

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Course Code/Version</th>
<th>Online Course Length (hh:mm)</th>
<th>Precourse Skills Session</th>
<th>Classroom Session Length (hh:mm)</th>
<th>Certificate Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Aid/CPR/AED Instructor</td>
<td>HSSSFA801 R.2016</td>
<td>2:00</td>
<td>1:00</td>
<td>12:00</td>
<td>2 years</td>
</tr>
</tbody>
</table>

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 and Pediatric First Aid/CPR/AED certification or equivalent.
- 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 and Pediatric First Aid/CPR/AED certification or equivalent are not eligible to participate in the First Aid/CPR/AED instructor course.

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Course Code/Version</th>
<th>Online Course Length (hh:mm)</th>
<th>Precourse Skills Session</th>
<th>Classroom Session Length (hh:mm)</th>
<th>Certificate Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Aid/CPR/AED Re-entry Instructor Bridge</td>
<td>HSSSFA821 R.2016</td>
<td>2:00</td>
<td>1:00</td>
<td>7:35</td>
<td>2 years</td>
</tr>
</tbody>
</table>

**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 at www.instructorscorner.org/facpraedcandidates/.

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Course Code/Version</th>
<th>Online Course Length (hh:mm)</th>
<th>Certificate Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Aid/CPR/AED Crossover Instructor Bridge</td>
<td>HSSSFA861 R.2016</td>
<td>2:00</td>
<td>2 years</td>
</tr>
</tbody>
</table>

**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.

Updated February 5, 2016
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):

<table>
<thead>
<tr>
<th>Organization</th>
<th>Instructor Certification</th>
</tr>
</thead>
<tbody>
<tr>
<td>American Heart Association*</td>
<td>HeartSaver First Aid/CPR/AED Instructor</td>
</tr>
<tr>
<td>Health and Safety Institute (HSI)</td>
<td>American Safety and Health Institute--CPR, AED and First Aid Instructor or Medic First Aid CPR, AED and First Aid Instructor</td>
</tr>
<tr>
<td>• Includes American Safety and Health Institute (ASHI) and Medic First Aid</td>
<td></td>
</tr>
<tr>
<td>National Safety Council</td>
<td>NSC First Aid CPR and AED Instructor</td>
</tr>
<tr>
<td>Canadian Red Cross</td>
<td>First Aid Instructor (CRC FA Instructor course includes CPR/AED)</td>
</tr>
<tr>
<td>Emergency Care and Safety Institute</td>
<td>ECSI Instructor Development Certification plus, Basic First Aid, CPR and AED</td>
</tr>
<tr>
<td>Emergency First Response</td>
<td>Emergency First Response Instructor</td>
</tr>
</tbody>
</table>

First Aid/CPR/AED Basic-Level Equivalency

You are required to have a current trained lay responder (or higher level) certification in Adult & Pediatric (Child & Infant) CPR/AED and First Aid training from the American Red Cross or from a Red Cross-approved organization: You are required to have a current trained lay responder (or higher level) certification in Adult & Pediatric (Child & Infant) First Aid, CPR/AED training from the American Red Cross or from a Red Cross-approved organization:

- American Red Cross – Lifeguarding/FA/CPR/AED, EMR, CPR for Professional Rescuer + first aid or Basic Life Support + first aid
- Canadian Red Cross
- American Heart Association
- National Safety Council
- Health and Safety Institute (HSI) including:
  - American Safety and Health Institute
  - Medic First Aid
- Emergency Care & Safety Institute
- Emergency First Response
- National Registry of Emergency Medical Technicians, State Licensed, or State Certified (active status)
  - Paramedic
  - Advanced Emergency Medical Technician
  - Emergency Medical Technician
  - Emergency Medical Responder
Basic-Level Courses

Classroom Option
The classroom materials have been enhanced and modernized to make it easy for instructors to provide a superior student learning experience in the classroom. Instructors will see the following enhancements in the new program materials:

- 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 core courses are available in the new program:

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Course Code / Version</th>
<th>Course Length (hh:mm)</th>
<th>Certificate Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult and Pediatric First Aid/CPR/AED</td>
<td>HSSSFA415 R.2016</td>
<td>5:18</td>
<td>2 years</td>
</tr>
<tr>
<td>Pediatric First Aid/CPR/AED</td>
<td>HSSSFA411 R.2016</td>
<td>5:18</td>
<td>2 years</td>
</tr>
<tr>
<td>Adult First Aid/CPR/AED</td>
<td>HSSSFA404 R.2016</td>
<td>4:54</td>
<td>2 years</td>
</tr>
<tr>
<td>Adult and Pediatric CPR/AED</td>
<td>HSSSFA303 R.2016</td>
<td>3:02</td>
<td>2 years</td>
</tr>
<tr>
<td>Pediatric CPR/AED</td>
<td>HSSSFA207 R.2016</td>
<td>3:02</td>
<td>2 years</td>
</tr>
<tr>
<td>Adult CPR/AED</td>
<td>HSSSFA107 R.2016</td>
<td>2:38</td>
<td>2 years</td>
</tr>
<tr>
<td>First Aid</td>
<td>HSSSFA101 R.2016</td>
<td>4:12</td>
<td>2 years</td>
</tr>
</tbody>
</table>

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 virtual setting. 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:

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Course Code/ Version</th>
<th>Online Course Length*(hh:mm)</th>
<th>Skills Session Length**(hh:mm)</th>
<th>Certificate Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult and Pediatric First Aid/CPR/AED</td>
<td>HSSSFA516 R.2016</td>
<td>0:55/2:45</td>
<td>1:15</td>
<td>2 years</td>
</tr>
<tr>
<td>Pediatric First Aid/CPR/AED</td>
<td>HSSSFA515 R.2016</td>
<td>0:50/2:25</td>
<td>1:15</td>
<td>2 years</td>
</tr>
<tr>
<td>Adult First Aid/CPR/AED</td>
<td>HSSSFA514 R.2016</td>
<td>0:45/2:10</td>
<td>0:50</td>
<td>2 years</td>
</tr>
<tr>
<td>Course Name</td>
<td>Course Code/Version</td>
<td>Online Course Length**(hh:mm)**</td>
<td>Skills Session Length**(hh:mm)**</td>
<td>Certificate Period</td>
</tr>
<tr>
<td>-----------------------------</td>
<td>---------------------</td>
<td>---------------------------------</td>
<td>----------------------------------</td>
<td>--------------------</td>
</tr>
<tr>
<td>Adult and Pediatric CPR/AED</td>
<td>HSSSFA513 R.2016</td>
<td>0:50/1:40</td>
<td>1:10</td>
<td>2 years</td>
</tr>
<tr>
<td>Pediatric CPR/AED</td>
<td>HSSSFA512 R.2016</td>
<td>0:40/1:20</td>
<td>1:00</td>
<td>2 years</td>
</tr>
<tr>
<td>Adult CPR/AED</td>
<td>HSSSFA511 R.2016</td>
<td>0:25/1:00</td>
<td>0:35</td>
<td>2 years</td>
</tr>
<tr>
<td>First Aid</td>
<td>HSSSFA510 R.2016</td>
<td>0:25/1:35</td>
<td>0:25</td>
<td>2 years</td>
</tr>
</tbody>
</table>

*There are two paths through the blended learning courses – the first length reflects the path for those who are recertifying and the second length reflects the path for first time learners.

**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
Participants will be immersed in a virtual town where they must respond to real-world emergencies. These emergencies take place in everyday locations such as a school, store, gym and mall. Participants select from a number of available missions that provide an animated up-front briefing to relay important information, and a short scene of an emergency taking place. Participants are then invited to act, make critical decisions and provide life-saving care while they learn the skills through safe, scaffold practiced. In early missions, an unseen narrator provides extensive direction and feedback to support learners’ actions, while in later missions, learners are challenged to practice with less remediation. The virtual town is populated by characters with unique, individual backgrounds and needs, introduced during each mission’s animated introduction. Creating a world with developed characters adds a level of realism to the course. Giving care to a character with a name and a narrative makes the consequences of incorrect decisions weigh more heavily on the participants.

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. 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.

Updated February 5, 2016
## Requirements for Blended Learning Online R.2016 Course

<table>
<thead>
<tr>
<th>Processor</th>
<th>Dual-core processor with a speed greater than or equal to 2.3GHz</th>
</tr>
</thead>
<tbody>
<tr>
<td>RAM</td>
<td>4GB</td>
</tr>
<tr>
<td>Operating System</td>
<td>Any OS capable of running browsers and Flash version specified below</td>
</tr>
<tr>
<td>Browsers</td>
<td>IE8.0+, Firefox, Safari 5+ and Google Chrome with Cookies, JavaScript, Images, Active-X and Flash enabled</td>
</tr>
<tr>
<td>Flash Player</td>
<td>Adobe Flash Player 10.3 or higher (1MB disk space needed to install; course will check for minimum flash version and prompt you to upgrade if necessary)</td>
</tr>
<tr>
<td>Screen Resolution</td>
<td>1024x768</td>
</tr>
<tr>
<td>Color Depth</td>
<td>High Color, 32Bit</td>
</tr>
<tr>
<td>Bandwidth</td>
<td>500KB/s dedicated or faster. Broadband internet access is recommended.</td>
</tr>
<tr>
<td>Audio</td>
<td>A soundcard, and either speakers or headphones (for multi-media audio)</td>
</tr>
</tbody>
</table>

The course must be taken on a Flash-enabled personal computer with a high speed Internet connection (the course is not currently designed to work on a tablet or smart phone).

### Direct Links Access to Blended Learning Online Courses

Some basic-level blended learning courses will be delivered via a new platform called Direct Links. This platform will offer an improved user experience for accessing the online portion and will support blended learning for APs/LTPs. It will eliminate the need 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 will be distributed closer to the program release date and posted to Instructor’s Corner at release.

### Optional First Aid/CPR/AED Refreshers

The Red Cross Refresher Center is designed to help course participants maintain the knowledge and skills learned during a course. Instructors will be notified via Instructor’s Corner and the iConnection newsletter when the new First Aid/CPR/AED refreshers are released.

### Course Materials and Supplies

The R.2016 First Aid/CPR/AED program is being released with materials available in both digital and print formats. Digital materials can be accessed through Instructor’s Corner. The print materials and DVDs will be available to order via redcrossstore.org in late March with deluxe instructor kits available for pre-order in December. Instructors and instructor trainers that wish to update prior to the release of the print material can do so by downloading the digital materials and viewing the video segments through the course presentation or by steaming them directly from Instructor’s corner.
Instructors and instructor trainers that wish to teach the new program prior to the release of the print material and plan on supplying their participants with participant materials will need to print their own copies until materials are available for purchase. For basic-level classes taught in this program, participants are not required to have participant materials.

**Digital Materials**
The following materials have been updated for the 2016 version are available in digital format on Instructor’s Corner:

- *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**

- *First Aid/CPR/AED Blended Learning Skill Session Instructor’s Manual Supplement* (digital only)
- Mission Replay Videos
- Mission Replay Sheets (digital only)

**Print Materials**
The following updated program materials will be available for purchase at [http://www.redcrossstore.org/](http://www.redcrossstore.org/) in late March:

**First Aid/CPR/AED Classroom Courses**

- Deluxe Instructor’s Kit, which includes all of 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

**First Aid/CPR/AED Blended Learning Skill Sessions**

- *First Aid/CPR/AED Blended Learning Skill Session DVD* (contains mission videos used to conduct skill session)
Refer to the table below for item numbers and pricing:

<table>
<thead>
<tr>
<th>Item #</th>
<th>Item Name</th>
<th>Price Per Unit</th>
</tr>
</thead>
<tbody>
<tr>
<td>754000</td>
<td>American Red Cross First Aid/ CPR/ AED Participant’s Manual</td>
<td>$ 9.95</td>
</tr>
<tr>
<td>754001</td>
<td>American Red Cross Adult First Aid / CPR/ AED Ready Reference</td>
<td>$ 3.50</td>
</tr>
<tr>
<td>754002</td>
<td>American Red Cross Pediatric First Aid/ CPR/ AED Ready Reference</td>
<td>$ 3.50</td>
</tr>
<tr>
<td>754003</td>
<td>American Red Cross First Aid/ CPR/ AED Instructor’s Manual</td>
<td>$ 49.95</td>
</tr>
<tr>
<td>754004</td>
<td>American Red Cross First Aid/ CPR/ AED DVD</td>
<td>$ 174.95</td>
</tr>
<tr>
<td>752001</td>
<td>First Aid/CPR/AED Blended Learning Skill Session DVD, Rev. 2015</td>
<td>TBD</td>
</tr>
</tbody>
</table>

Ordering Program Materials and Supplies
Upon release of the new program print materials and DVDs, orders may be placed via http://www.redcrossstore.org/.

Epinephrine Auto-Injector Training Device
In the new program, all courses that include First Aid will require that the instructor demonstrate administration of epinephrine. Free EpiPen® (epinephrine) Auto-Injector training devices are available from Mylan Specialty, L.P. Go to https://www.epipen.com/en/resources/order-a-training-device or 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
- R.2011 participant materials cannot be used after July 31, 2016, except for basic level courses where classes started prior to July 31, 2016 are already in session.
- R.2011 instructor materials cannot be used after January, 31, 2016, except for instructor level courses where classes started prior to Jan 31, 2016 are already in session.
- R.2011 print materials will NOT be available for sale after July 31, 2016 or when existing stocks are depleted, whichever occurs first.
- R.2011 print instructor materials (instructor manuals and DVDs) will be not be available for sale upon release of the new program materials.
- R.2011 program products cannot be returned after the release of new printed program materials in April, 2016.
- R.2011 program materials available in digital format will be available on Instructor’s Corner until July 31, 2016.

Instructor and Instructor Trainer Support
The following information is for currently certified Instructors and Instructor Trainers.

Instructors
In order to teach the new First Aid/CPR/AED courses, current instructors must complete the following:

Updated February 5, 2016
2. By July 31, 2016 complete the online or group update
3. Maintain a basic-level certification in Adult and Pediatric First Aid/CPR/AED. If an instructor already has a current basic-level certification that expires prior to July 31, 2016, they must take the R.2016 basic-level course(s). Note: the basic-level certification can be a higher level, e.g., EMR, Lifeguarding or APRO + first aid or BLS + first aid of Red Cross training or equivalent from a Red Cross-approved organization. The basic-level certification must include first aid and adult and pediatric CPR/AED (see the equivalency information).

Once Instructors have completed the update, their First Aid/CPR/AED Instructor certification will be valid for two years from the date the update was completed. Instructors cannot teach the new program until they have completed the update. Instructors that do not complete the update by July 31, 2016 will automatically expire and will have to regain their instructor certification through a full or re-entry instructor course.

Other instructors qualified to teach the First Aid/CPR/AED program—instructors in Lifeguarding, EMR, and CPR/AED for Professional Rescuers and Health Care Providers + first aid and Basic Life Support for Healthcare Providers + first aid must complete the First Aid/CPR/AED Instructor Update prior to teaching the updated First Aid/CPR/AED program courses. Note: Current CPR/AED for Professional Rescuers and Health Care Providers and Basic Life Support for Healthcare Providers instructors must also maintain a current First Aid certificate (or equivalent). After the update period has expired (August 2016) the above qualified instructors can bridge to teach the First Aid/CPR/AED program by completing a self orientation bridge course after submitting the web verification form. See Instructor's Corner for more details.

Instructor Trainers
In order to teach the new First Aid/CPR/AED instructor course, current instructor trainers must complete all of the following:
2. By April 30, 2016 complete the online or group update
3. To maintain certification, instructor trainers must obtain a new basic-level Adult and Pediatric First Aid/CPR/AED certification through a full, review, or challenge course by July 31, 2016 if not already certified. Note: the basic-level certification can be a higher level, e.g., EMR, Lifeguarding, CPRO + first aid or BLS + first aid of Red Cross training or equivalent from a Red Cross-approved organization. The basic-level certification must include first aid and adult and pediatric CPR/AED (see the equivalency chart).

Once Instructor Trainers have completed the update, their First Aid/CPR/AED Instructor Trainer certification will be valid for two years from the date the update was completed. Instructor trainers cannot teach the new program until they have completed the update. Instructor Trainers can no longer teach the old instructor course after the release of the new program. Instructor trainers that do not complete the update by April 30, 2016 will automatically expire and will have to regain their instructor trainer certification through an instructor trainer academy.

Updated February 5, 2016
### First Aid/CPR/AED Instructor and Instructor Trainer Update FAQs

**Question:** I am a Red Cross Instructor in First Aid/CPR/AED, do I need to complete an update?

**Answer:** Current First Aid/CPR/AED Instructors/ITs certified before January 29, 2016 are required to complete the First Aid/CPR/AED instructor update.

**Question:** How do I update my instructor certification?

**Answer:** Instructors/ITs were automatically assigned the Instructor Update in the Red Cross Learning Management System and an email notification was sent to alert each instructor that the online update was available for them. In order to complete the update, Instructors/ITs must obtain and review all course materials and complete the online instructor update course. Course materials are available in digital format on Instructor’s Corner. Print editions will be available in April 2016.

Note: There is also the option of attending an in-person instructor group update. The same information is covered but done in person with a qualified Instructor Trainer.

**Question:** What should I do if I am a current First Aid/CPR/AED Instructor/IT and I did not receive the email notification and/or cannot see the update in the Red Cross Learning Center?

**Answer:** If you were not assigned the update and you think this is in error, please contact the Training Support Center.

**Question:** What is the deadline for completing the update?

**Answer:** The deadline for completing the update for instructors is July 31, 2016. The deadline for instructor trainers to complete the online update is April 30.

**Question:** I already completed a recertification assessment recently, why do I need to take an instructor update?

**Answer:** Instructor recertification is required every two years and that is done by completing a recertification assessment regardless of program updates. An instructor update is required whenever a program is revised as in this case for First Aid/CPR/AED.

The Instructor Updates for the First Aid/CPR/AED program provides an overview of the recent ECC science changes incorporated in our or programs, changes to the instructional design for the programs, and the updated course materials.

**Question:** I completed the update. How can I tell if I am updated in the system?

**Answer:** Verify your certification by checking your profile in the Learning Management System. Look under the Internal Licenses and Certifications section under the My Profile tab. You should see the certification title with an Acquired on date equal to the date you completed the update.
Question: What is the basic-level certification requirement for First Aid/CPR/AED Instructors/ITs?

Answer: First Aid/CPR/AED instructors/ITs are also now required to have a basic-level certification (or equivalent or higher level) in addition to their instructor certification.

- If an instructor/IT that teaches First Aid/CPR/AED is not already certified in the basic-level program (or equivalent or higher level), that instructor/IT must obtain basic-level certification (or equivalent or higher level) by July 31 to maintain their instructor certification(s).

- If the instructor/IT already has a current basic-level certification (or equivalent or higher level), no further action is required until nearing the expiration of the basic-level certification. If that basic-level certification expires prior to July 31, they should take the updated course.

- All instructors/ITs teaching the First Aid/CPR/AED must keep their basic-level certification current to remain certified as an instructor in the First Aid/CPR/AED program.

- The basic-level certification (or equivalent or higher level) for First Aid/CPR/AED program must include first aid and adult and pediatric CPR/AED.

- Information about equivalent or higher certifications can be found above in the First Aid/CPR/AED Basic-Level Equivalency section. Related documents on Instructor’s Corner will be updated with this information.

Question: What is the deadline for obtaining the basic-level certification?

Answer: The deadline to obtain the basic-level certification (or equivalent or higher level) is July 31, 2016.

Question: Do I need to obtain my basic-level certification before completing the online Instructor Update?

Answer: No. The update can be completed prior to obtaining the basic-level certification but the basic-level certification must be completed by July 31, 2016.

Question: Do I need to obtain my basic-level certification before teaching the updated courses?

Answer: No. Instructors may begin teaching the updated courses once they have completed the instructor update but the basic-level certification must be completed by July 31, 2016.

Question: I am a Red Cross instructor/IT in Lifeguarding, CPR/AED for Professional Rescuers and Healthcare Providers (CPRO), and/or Emergency Medical Response (EMR). Do I need to do the First Aid/CPR/AED instructor/IT update and maintain a basic-level certification?

Answer: Lifeguarding, CPRO, and/or EMR instructors/ITs that also want to teach First Aid/CPR/AED are required to do the update and maintain the basic-level certification (equivalent or higher level) requirement.

- Lifeguarding, CPRO, and EMR instructors/ITs were automatically assigned the update in the Learning Management System ONLY if they have reported teaching at least one course of record from the First Aid/CPR/AED program in the past 2 years. (January 29, 2014 – Jan 29, 2016).
• For those Lifeguarding, CPRO, or EMR instructors that have not reported teaching any First Aid/CPR/AED courses in the past 2 years, but would like to teach these courses, they should complete a web form (to be posted on Instructor’s Corner) allowing them to complete the update (if prior to July 31, 2016) or to complete a self-orientation bridge (if after August 1, 2016 and beyond) to be eligible to teach those First Aid/CPR/AED classes.

Any instructor/IT teaching First Aid/CPR/AED classes is required to maintain basic-level certification (equivalent or higher level) in first aid and adult and pediatric CPR/AED.

Note: While Lifeguarding, CPRO, and/or EMR instructors/ITs can complete the update and teach the revised First Aid/CPR/AED courses, please do not attempt to modify the content of other courses (Lifeguarding, CPRO and/or EMR) to incorporate the latest ECC guidelines.

Question: I am a Red Cross instructor in other programs but do not teach the First Aid/CPR/AED program, do I need to do this update and/or meet the basic-level certification requirement?

Answer: No. Only First Aid/CPR/AED instructors/ITs (or other qualified instructors as described in the above question/answer) are required to complete the update and obtain/maintain the basic-level certification requirement at this time.

Question: I am a Red Cross instructor in Lifeguarding, CPRO, and/or EMR programs, can I still teach these programs and will the associated certifications remain valid?

Answer: While science changes were incorporated in the First Aid/CPR/AED program, the current training in our other programs and courses (Lifeguarding, EMR, CPR for Professional Rescuers, etc.) is valid and saves lives. Additionally, all current American Red Cross programs and associated certifications remain valid. Continue to teach the other programs as outlined in your instructor and instructor trainer manuals until those are updated.

Question: Are all Red Cross instructors/ITs required to maintain a basic-level certification for the program that they teach?

Answer: The update released applies to the First Aid/CPR/AED and BLS programs only and does not address any policies or procedures in other courses. Any instructor/IT teaching the First Aid/CPR/AED and/or BLS classes are required to maintain basic-level certification (equivalent or higher level). Other instructors such as Lifeguarding, EMR, Wilderness & Remote First Aid, etc. are currently not required to maintain the basic-level certification for the program they are certified to teach at this time.

Instructors who teach directly for the Red Cross as a paid or volunteer instructor may have additional certification requirements based upon their position; they should contact their supervisor with any questions.

Question: When is the Lifeguarding program being updated? When is the CPR/AED for Professional Rescuers and Health Care Providers program being updated?

Answer: The Lifeguarding program is currently being revised and should release in the winter of 2017. All Lifeguarding instructors/ITs will be required to complete the Lifeguarding update once that program releases.

The CPR/AED for Professional Rescuers and Health Care Providers program is being updated in conjunction with the revisions to the Lifeguarding program which will be available with the Lifeguarding course as well as a stand-alone course and planned for release in the winter of 2017.
Question: When are other programs being updated?

Answer: Release dates for other programs will be announced over the coming months. In the meantime, the current training is valid and saves lives and the associated certifications remain valid. Continue to teach the other programs as outlined in your instructor and instructor trainer manuals until those are updated.