



Together, we can save a life

Fact Sheet

Health and Safety Services

Health and Safety Programs

COURSE: First Aid (First Aid/CPR/AED Program)

Course Code: 32401

Purpose To give individuals the knowledge and skills necessary to recognize and provide basic first aid care for injuries and sudden illnesses until advanced medical personnel arrive and take over. The course does not include information on breathing or cardiac emergencies.

Prerequisites None

Learning Objectives

- Describe how to recognize and handle an emergency;
- Explain how to check the scene for safety and a victim for consciousness;
- Explain when and how to move a victim from a dangerous scene;
- Describe when to call and how to interact with the emergency medical services (EMS) system;
- Explain why and how to apply basic precautions to reduce the risk of disease transmission during and after providing care;
- Describe how to prioritize care for life-threatening injuries or sudden illnesses;
- Describe how to check a conscious victim for life- and non-life-threatening conditions;
- Describe how to recognize and care for a victim of sudden illness;
- Describe how to recognize and care for different types of wounds, including burns and bleeding;
- Describe how to recognize and care for a victim of a heat- or cold-related emergency;
- Demonstrate how to practice basic precautions to reduce the risk of disease transmission;
- Demonstrate how to control external bleeding; and
- Demonstrate how to recognize and care for muscle, bone and joint injuries, including injuries to the head, neck and back;

Length Approximately 4 hours

Instructor Currently authorized First Aid/CPR/AED, Workplace Training: Standard First Aid, First Aid: Responding to Emergencies, Sport Safety Training, Lifeguarding or Emergency Response instructor.



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Certification Requirements

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

Certificate Issued and Validity Period

First Aid – 3 years

Participant Materials

*American Red Cross First Aid/CPR/AED Program Participant's Booklet (Stock No. 656629); and
American Red Cross First Aid Skills Card (Stock No. 656628)*