

# First Responder

First aid and CPR skills for professional first responders or those wanting to become first responders. Course teaches techniques for sustaining life, preventing further injuries, and caring for illnesses and injuries until the next level of medical personnel arrives. Includes CPR level HCP and AED.



## Duration

40–44 hours. Flexible scheduling options.

## Instructor

Red Cross First Responder Instructor or Instructor Trainer

## Prerequisite

CPR Level C

## Completion Requirements

100% attendance, skills demonstration, and 80% min. passing grade on written exam

## Certification

3-year certification in First Responder, CPR Level HCP, and AED

## Recertification

20 hours; includes CPR Level HCP

## Course Content

### Part 1 – The Responder

- > The responder
- > The emergency scene
- > Preventing disease transmission

### Part 2 – Establishing Priorities of Care

- > Human body systems
- > Assessment
- > Respiratory emergencies
- > Airway and ventilation
- > Circulatory emergencies
- > Bleeding
- > Shock

### Part 3 – Injuries

- > Soft tissue injuries
- > Musculoskeletal injuries
- > Head and spine injuries
- > Chest, abdominal, and pelvic injuries

### Part 4 – Medical Emergencies

- > Sudden illnesses
- > Poisoning
- > Heat- and cold- related emergencies

### Part 5 – Special Populations and Situations

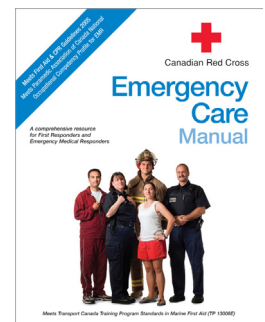
- > Special populations
- > Childbirth
- > Crisis intervention
- > Reaching and moving people
- > Multiple casualty incidents

*Includes CPR HCP*

*Includes any other content required by specific legislation*

## Take-Home Materials

Red Cross Emergency Care Manual  
Red Cross Emergency Care Workbook  
Certification card and optional wall certificate  
(or as required by legislation)



Red Cross First Aid. The Experience to Make a Difference.

[www.redcross.ca/firstaid](http://www.redcross.ca/firstaid) | 1.877.356.3226



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