

# First Responder Course



Canadian Red Cross

## Information Sheet



**Includes the latest First Aid and CPR Guidelines. Meets federal regulations and a variety of provincial and territorial regulations for Advanced First Aid.**

This course is designed to teach First Responders advanced first aid techniques for sustaining life, preventing further injuries, and caring for illnesses and injuries until the next level of medical personnel arrives.

<b>Prerequisite</b>	CPR Level C or Level HCP
<b>Duration</b>	40–44 hours with flexible scheduling options
<b>Instructor</b>	Certified Red Cross Emergency Medical Responder Instructor
<b>Completion</b>	100% attendance, evaluation on practical situation simulation (trauma- or medical-based scenario), and 80% min. passing grade at written exam
<b>Certification</b>	3-year certification in First Responder, CPR Level HCP, and AED*
<b>Recertification</b>	20 hours; includes CPR Level HCP

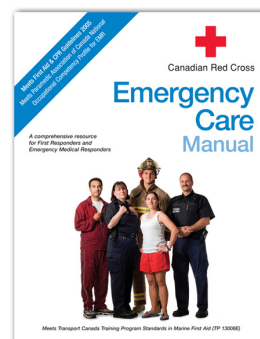
\*where local legislation permits

## Course content

- The responder
- The emergency scene
- Preventing disease transmission
- Human body systems
- Assessment
- Respiratory emergencies
- Airway and ventilation
- Circulatory emergencies
- Bleeding
- Shock
- Soft tissue injuries
- Musculoskeletal injuries
- Head and spine injuries
- Chest, abdominal, and pelvic injuries
- Sudden illnesses
- Poisoning
- Heat- and cold-related emergencies
- Special populations
- Childbirth
- Crisis intervention
- Reaching and moving people
- Multiple casualty incidents
- Communications and transportation

## Take-home materials

- Red Cross *Emergency Care Manual*
- Certification card, badge and optional wall certificate (or as required by legislation)



4-colour manual  
Content organized for progressive learning, real-life scenarios, skills summary, charts and diagrams, hundreds of photographs and illustrations



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