

Advanced First Aid

A comprehensive course offering advanced first aid and cardiopulmonary resuscitation (CPR) skills for those typically designated as a workplace first aid attendant. Course covers a variety of topics from basic (circulation and breathing emergencies, and prevention of disease transmission) to advanced (sudden medical emergencies and injuries to the head and/or spine), including instruction dedicated to understanding workplace legislation and responsibilities.



Duration

80 hours

Instructor

Red Cross Advanced Emergency Care Instructor or Emergency Care Instructor Trainer

Prerequisites

Standard First Aid with CPR Level C

Completion Requirements

100% attendance, skill demonstration, 2 evaluated scenarios, and 80% min. passing grade on written exam

Certification

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

Recertification

40 hours; includes CPR Level HCP

Course Content

Part 1 – Preparing to Respond

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

Part 2 – Establishing Priorities of Care

- > Anatomy and physiology
- > Assessment
- > Respiratory emergencies
- > Airway and ventilation
- > Circulatory emergencies
- > Bleeding
- > Shock
- > Pharmacology

Part 3 – Traumatic 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 & crisis intervention
- > Childbirth
- > Reaching and moving people
- > Multiple casualty incidents
- > Transportation
- > Workplace

Includes CPR HCP

Includes any other content required by specific legislation

Participant Materials

Red Cross Emergency Care text
Red Cross Emergency Care Workbook
Certification card and optional wall certificate



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

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