

r. 24 CPR/AED for Professional Rescuers Course Fact Sheet

Course Purpose

The primary purpose of the courses in the American Red Cross CPR/AED for Professional Rescuers program trains participants with the knowledge and skills needed to:

- Provide professional-level care for breathing and cardiac emergencies for adults, children, and infants until advanced emergency medical services (EMS) professionals take over.

Course Prerequisites

None.

Course Length

There are two delivery options for taking the CPR/AED for Professional Rescuers course.

- **Instructor-led training (ILT)** Lifeguarding course is conducted by a Red Cross-certified CPR/AED for Professional Rescuers instructor. There are no online sessions to complete. The total course instruction time, including the precourse session, is 6 hours, 40 minutes, not including breaks. Expect additional time to be added to the course length to accommodate breaks/transitions.
- **Blended learning (BL)** combines online sessions with in-person sessions conducted by a Red Cross-certified Lifeguarding instructor. Total course instruction time is 8 hours:
 - The online session for the Lifeguarding course takes approximately 2-3 hours to complete.
 - The total instruction time for the in-person sessions is 5 hours. Expect additional time to be added to the course length to accommodate breaks/transitions.

Participant Course Materials

American Red Cross *CPR/AED for Professional Rescuers Participant's Handbook* (print or digital)

Course participants must have access to their own manual throughout the course. When using a digital manual, a tablet or laptop should be used during class to ensure proper viewing.

Access to digital materials will be provided by the instructor of the course.

Print materials are available on the Red Cross store (redcross.org/store).

Certification Requirements

To earn certification, participants must:

- Complete all online course content in advance of the corresponding in-person sessions (blended learning courses only).

- Attend the entire course and participate in all class sessions.
- Actively participate in all course activities, including assuming various roles during skill practices, skill drills, activities and scenarios.
- Demonstrate proficiency in all skills.
- Pass the final written exam with a minimum grade of 80 percent.
- Pass the final skill assessment (team response scenario performing with multiple rescuer CPR and use of AED and BVM resuscitator).

Certification

Participants who successfully complete the CPR/AED for Professional Rescuers course will be issued the following American Red Cross certificate: **CPR/AED for Professional Rescuers** that is valid for 2 years.

To maintain the CPR/AED for Professional Rescuers certification, a currently certified CPR/AED for Professional Rescuer must successfully complete the American Red Cross CPR/AED for Professional Rescuers Recertification Assessment online course prior to certificate expiration. A 30-day grace period may apply but it does not extend the certification beyond the 2 years.

Once the CPR/AED for Professional Rescuers certification is expired, a participant must successfully complete the American Red Cross CPR/AED for Professional Rescuers course or challenge course.

Instructor

To instruct American Red Cross CPR/AED for Professional Rescuers course, the instructor must hold a current American Red Cross CPR/AED for Professional Rescuers Instructor, Lifeguarding Instructor, Emergency Medical Response Instructor, or Basic Life Support Instructor certification and have updated to the r.24 CPR/AED for Professional Rescuers program.

Course Objectives

- Describe measures they can take while performing their job duties as a professional rescuer to protect themselves and others from infectious disease.
- Demonstrate proper technique for removing disposable gloves.
- Explain the purpose of conducting a rapid assessment and list the five major actions that comprise the rapid assessment.
- Demonstrate how to perform a rapid assessment on an adult and an infant and describe key differences when performing a rapid assessment on an adult, child and infant.
- State the next actions a rescuer should take based on the conditions found during the rapid assessment.
- Recognize a breathing emergency.
- Identify situations when it may be appropriate to provide ventilations to an ill person.
- Demonstrate how to provide effective ventilations using a resuscitation mask on an adult and on an infant and describe key differences when providing ventilations using a resuscitation mask for an adult, child and infant.
- Demonstrate how to provide effective ventilations using a bag-valve-mask (BVM) resuscitator on an adult and on an infant and describe key differences when providing ventilations using a BVM resuscitator for an adult, child and infant.

- Recognize cardiac arrest.
- State the six links in the Adult Cardiac Chain of Survival and the Pediatric Cardiac Chain of Survival.
- Describe five key principles of providing high-quality CPR and explain how the provision of high-quality CPR supports optimal outcomes.
- Demonstrate how to perform single-rescuer CPR on an adult and on an infant and describe key differences when performing single-rescuer CPR on an adult, child and infant.
- Demonstrate how to perform two-rescuer CPR on an adult and on an infant and describe key differences when performing two-rescuer CPR on an adult, child and infant.
- State considerations for safe and effective AED use.
- Demonstrate how to use an AED on an adult and describe key differences when using an AED on an adult, child and infant.
- Demonstrate how to safely and effectively care for an obstructed airway for both a responsive and an unresponsive adult or child.
- Demonstrate how to safely and effectively care for an obstructed airway for both a responsive and an unresponsive infant.
- Work effectively as part of a team in a multiple-rescuer response.

CPR/AED for Professional Rescuers Course Content

Lowering the Risk for Infection, Rapid Assessment and Ventilations

- Lowering the Risk for Infection
- Responding to Medical Emergencies
- Rapid Assessment
- Using a Resuscitation Mask
- Using a Bag-Valve-Mask Resuscitator
- Giving Ventilations
- Putting It All Together: Rescue, Extrication, Rapid Assessment and BVM
- Lifeguard Station Response Time Testing Drill
- In-Water Ventilations

CPR, AED and Obstructed Airway Care

- Cardiac Arrest and the Cardiac Chain of Survival
- Providing High Quality CPR
- Single-Rescuer CPR (Adult/Child)
- Single-Rescuer CPR (Infant)
- Two-Rescuer CPR (Adult/child/infant)
- Using an AED
- Safe and Effective AED Use
- Obstructed Airway Care (Adult/child)
- Obstructed Airway Care (Infant)
- Multiple-Rescuer Team Response
- Multiple-Rescuer Team Response Scenarios

- Multiple-Rescuer Team Response Scenarios

Course Conclusion

- Final Written Exam
- Final Skill Assessment