



American Red Cross
Training Services

Saving lives starts here™

First Aid/CPR/AED

Instructions for New (First-Time) Instructor Candidates

These instructions are for instructor candidates who have never received First Aid/CPR/AED Instructor certification through American Red Cross or an approved, equivalent training provider or for instructor candidates with an expired First Aid/CPR/AED Instructor certification.

To become an American Red Cross First Aid/CPR/AED Instructor, you will need to successfully complete the First Aid/CPR/AED Instructor Course, a blended learning course, following these steps:

- Step 1: Meet the course prerequisites and register for the instructor course.
- Step 2: Complete the Instructor course online session and review the digital course materials. **Note:** Digital course materials are provided with the online course in the Red Cross Learning Center under the Materials tab and under Instructor Candidate Resources. You can also purchase the print versions of the course materials by linking to the Red Cross Store from the Learning Center.
- Step 3: Successfully complete the pre-course skills session.
- Step 4: Successfully complete the course in-person session.

The First Aid/CPR/AED Instructor Course is taught by American Red Cross Instructor Trainers. Upon successful completion of the course, candidates will receive an American Red Cross First Aid/CPR/AED Instructor certification, valid for 2 years.

Step 1: Meet the Course Prerequisites and Register for the Instructor Course

To participate in the American Red Cross First Aid/CPR/AED Instructor Course, instructor candidates must:

- Be at least 16 years of age on the last day of the instructor course.
- Possess a current basic-level certification in Adult CPR/AED (or higher-level) from the American Red Cross or an equivalent from the table below

Organization	Certification
American Red Cross	<ul style="list-style-type: none"> • Adult CPR/AED • Basic Life Support • Advanced Life Support • CPR/AED for Professional Rescuers • Emergency Medical Response • Lifeguarding
American Heart Association	<ul style="list-style-type: none"> • Basic Life Support • HeartSaver First Aid/CPR/AED
Health and Safety Institute (HSI) – includes American Safety & Health Institute, Medic First Aid, and EMS Safety	<ul style="list-style-type: none"> • Adult CPR/AED • Basic Life Support (EMS Safety Services)
National Safety Council	<ul style="list-style-type: none"> • Adult CPR/AED
Canadian Red Cross	<ul style="list-style-type: none"> • Adult CPR/AED
Canadian Heart & Stroke Foundation	<ul style="list-style-type: none"> • Adult CPR/AED
National Registry of Emergency Medical Technicians, Active State Licensure or Certification	<ul style="list-style-type: none"> • Paramedic • Advanced Emergency Medical Technician • Emergency Medical Technician • Emergency Medical Responder
Emergency Care and Safety Institute	<ul style="list-style-type: none"> • First Aid/CPR/AED* • Standard First Aid, CPR, AED* • Advanced First Aid, CPR, AED* <p>* Indicates Classroom only training</p>
Jeff Ellis & Associates	<ul style="list-style-type: none"> • Lifeguarding

Star Guard ELITE	• Lifeguarding
YMCA	• Lifeguarding
First Response Training International	• CPR, First Aid, AED

Search for and register for a course on [Redcross.org](https://www.redcross.org) or register through a Red Cross provider.

Step 2: Complete the Instructor Course Online Session and Review the Digital Course Materials

The First Aid/CPR/AED Instructor Course online session is to be completed before the First Aid/CPR/AED Instructor Course in-person session. This online session consists of an orientation to the American Red Cross, an orientation to the First Aid/CPR/AED program and the First Aid/CPR/AED Instructor Course, content on how to prepare for and teach the courses in this program including critical eye videos, and final exam. The online session takes approximately 2 hours to complete.

First Aid/CPR/AED instructor candidates should obtain and review the following course materials prior to completing the First Aid/CPR/AED Instructor Course online session:

- First Aid/CPR/AED r.21 Instructor Bulletin
- *First Aid/CPR/AED r.21 Instructor's Manual*
- *First Aid/CPR/AED r.21 Participant's Manual (Print or eBook)*
- First Aid/CPR/AED r.21 Course Presentation
- First Aid/CPR/AED r.21 Video Segments

Digital materials are available, including instructions on how to access the Participant's Manual eBook, on the Instructor Candidate Resources page, of the Red Cross Learning Center (redcrosslearningcenter.org). Print materials and DVDs are available for purchase by linking over from the Learning Center or at redcross.org/store.

Step 3: Successfully Complete the In-Person Session

To successfully complete the in-person session, instructor candidates must:

- Successfully demonstrate competency in the practice and polish skill session to continue in the instructor course.
- Attend and actively participate in all course sessions.
- Successfully complete class activities, including the required practice-teaching assignments.
- Demonstrate instructor-level skill competency in all skills and scenarios.
 - Note: Instructor candidates are expected to demonstrate competency in the following skills: adult CPR/AED, infant CPR/AED, adult and infant choking, and direct pressure to control bleeding regardless of their basic-level certification.

The in-person session is approximately 5 hours and 30 minutes in length.

Upon successful completion of the First Aid/CPR/AED Instructor Course, an American Red Cross First Aid/CPR/AED Instructor Certification will be added to your profile in the Learning Center; this instructor certification will be valid for two years.

Prior to accessing instructor permissions in the Red Cross Learning Center and teaching American Red Cross courses, you must be affiliated with an American Red Cross Training Provider or be employed as a paid or volunteer instructor of the American Red Cross. This requirement is in addition to holding a current Instructor certification. If you are not already affiliated with a Training Provider and do not plan to teach as an American Red Cross paid or volunteer instructor, please ask your organization's administrator to request to affiliate you to the organization's Training Provider agreement.