



**American
Red Cross**

First Aid/CPR/AED Instructor Course (r.25)

Fact Sheet

Course Purpose

The purpose of the American Red Cross First Aid/CPR/AED Instructor Course is to prepare instructor candidates to teach the basic-level First Aid/CPR/AED courses in accordance with the latest program standards and instructional best practices.

Course Prerequisites

To be eligible to participate in the course a First Aid/CPR AED instructor candidate must:

- Be at least 16 years of age on the last day of the instructor course.
- Possess a current basic-level Adult CPR/AED certification or equivalent or higher (see equivalency information below).

Course Objectives

Upon successful completion of the course, instructor candidates will be able to:

- Adhere to Red Cross policies, including the Instructor Agreement and Code of Conduct.
- Deliver engaging, learner-centered instruction that meets course objectives.
- Demonstrate First Aid, CPR, and AED skills at instructor-level proficiency.
- Ensure participant safety and manage the learning environment effectively.
- Maintain accurate course records and documentation.
- Plan, organize, and facilitate First Aid/CPR/AED courses according to program guidelines.
- Observe, assess, and provide feedback on participant skill performance using standardized tools.
- Apply skill assessment criteria to determine participant proficiency.
- Utilize program materials and training equipment effectively.
- Explain the process for issuing digital certificates and verifying course completion.
- Deliver consistent, high-quality instruction using approved manuals and resources.
- Select appropriate course formats and materials to meet the needs of specific audiences.

Course Format and Length

The course is delivered in a blended learning format, which includes:

- Online Session: Approximately 2 hrs 30 min hours (self-paced)
- In-Person Session: Approximately 8 hours not including breaks

Instructor Requirements

Courses must be taught by certified First Aid/CPR/AED Instructor Trainers. Eligibility requirements and certification details for Instructor Trainers are available on the Red Cross Learning Center.

Certification

Participants who successfully complete the course will receive:

- First Aid/CPR/AED Instructor certification, valid for two years.
- Adult and Pediatric First Aid/CPR/AED basic level certification valid for 2 years

Required Course Materials

Instructor candidates should review the following materials prior to attending the course:

- First Aid/CPR/AED Instructor's Manual for Instructor-Led Training
- First Aid/CPR/AED Instructor's Manual for Blended Learning
- First Aid/CPR/AED Participant's Manual (print or eBook)
- Course Videos – available via Course Presentation or video segments on the Red Cross Learning Center

Digital materials and access instructions are available on the [Instructor Candidate Page](#). Print materials can be purchased through the Red Cross Store.

Training Organization	Basic-Level Certifications
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) Medic First Aid	<ul style="list-style-type: none">• Adult CPR/AED
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 and 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"> • Standard First Aid, CPR, AED • Advanced First Aid, CPR, AED
Jeff Ellis & Associates	<ul style="list-style-type: none"> • Lifeguarding
StarGuard Elite	<ul style="list-style-type: none"> • Lifeguarding
YMCA	<ul style="list-style-type: none"> • Lifeguarding
First Response Training International	<ul style="list-style-type: none"> • First Aid/CPR/AED
The Academy South Bay Regional Public Safety	<ul style="list-style-type: none"> • First Aid, CPR, AED