



Together, we can save a life

Fact Sheet

Health and Safety Services

Health and Safety Programs

COURSE:	Adult CPR (Community First Aid and Safety, Responding to Emergencies and Sport Safety Training Programs)
Course Code:	3212
Purpose	Train individuals to overcome any reluctance to act in emergency situations and to recognize and care for life-threatening respiratory or cardiac emergencies in adults.
Prerequisites	None
Learning Objectives	<ul style="list-style-type: none">• Identify how to respond to emergency situations by checking to see if it is safe to intervene;• Identify the three general steps in the emergency action plan;• Identify how to use your community's emergency medical services (EMS) system effectively;• Demonstrate how to check a conscious or an unconscious victim;• Recognize the signals of a breathing or cardiac emergency;• Learn how to care for an adult who has stopped breathing;• Recognize the signals of a breathing emergency;• Learn how to care for an adult who is choking;• Identify the risk factors for cardiovascular disease and describe how to reduce them;• Recognize the signals of a heart attack and provide care to reduce the chance of cardiac arrest; and• Learn how to perform CPR to an adult who shows no signs of circulation.
Length	Approximately 4 hours, 20 minutes – Community First Aid and Safety Approximately 9 hours – Responding to Emergencies Approximately 3 hours – Sport Safety Training
Instructor	Currently authorized First Aid/CPR/AED, Workplace Training: Standard First Aid, First Aid: Responding to Emergencies, Sport Safety Training, Lifeguarding, Emergency Response or CPR/AED for the Professional Rescuer instructor.
Certification Requirements	<ul style="list-style-type: none">• Attend and participate in all course sessions;• Demonstrate competency in all required skills listed on the skills checklist;• Participate in all skills sessions; and• Pass the final written exam with a score of 80 percent or better.
Certificate Issued and Validity Period	Adult CPR – 1 year
Participant Materials	<i>American Red Cross First Aid: Responding to Emergencies Textbook</i> (Stock No. 656120); or <i>American Red Cross Community First Aid and Safety Participant's Manual</i> (Stock No. 652100); or <i>American Red Cross Sport Safety Training Handbook</i> (Stock No.



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655550) and *American Red Cross Sport Safety Training Workbook*
(Stock No. 655551)