



First Aid for Severe Trauma Course

A person can die from severe blood loss in less than 5 minutes. Would your students know what to do if faced with a life-threatening bleeding emergency?

Bleeding Control Education for High School Students

First Aid for Severe Trauma™ (FAST™) is the first national Stop the Bleed course designed specifically for high school students. It was developed with input, feedback and testing from teachers and students through a collaboration between the American Red Cross and the National Center for Disaster Medicine and Public Health. Thanks to grant support from the Department of Homeland Security Science and Technology Directorate, the course and digital materials will be offered at no charge to high school students under the age of 19.

Course Content

FAST teaches bleeding control and other key topics designed to save a life in the first several minutes after a severe bleeding injury:

You can save a life: Preparing for bleeding emergencies; recognizing that a bleeding emergency exists; emergency action steps; deciding to act in an emergency

Safety in emergency situations: Keeping yourself safe in an emergency; helping others to safety; violent situations

Communicating in emergency situations: Communication basics; communicating with others at the scene; communicating with the emergency dispatcher

Caring for a person with life-threatening bleeding: Using pressure to stop bleeding; applying direct pressure; using a tourniquet; after the bleeding stops; applying direct pressure skill sheet; using a windlass rod tourniquet skill sheet; using a ratcheting tourniquet skill sheet

Flexibility and Quality to Meet Classroom Needs

- Compliant with STOP THE BLEED®
- Both blended learning (online + classroom) and instructor-led (100% classroom) courses offer a two-year certification upon successful completion of the course
- Designed for high school students but will benefit anyone from middle school aged upwards

Specifications for Curriculum Planning

- Instructor-led: 135-minute course consists of instruction and skill- and scenario-based learning
- Blended learning: 90-minute online portion may be given as homework; 45 minutes in the classroom for skill- and scenario-based learning
- One instructor may teach up to 24 students in one class

- The FAST course and digital materials will be offered at no charge to high school students under the age of 19. The Red Cross will charge a \$24 per participant certificate fee for classes taught to non-high school students.
- FAST course instructor materials in PDF format will be offered at no cost to FAST instructors in teaching high school students.
- Course videos available at no cost for downloading, streaming or embedded within the course presentation, and a DVD will be available through the Red Cross Store for a fee
- Available August 19, 2021

Specifications for Classroom Kits

Training supplies for skill- and scenario-based learning are required. The Red Cross has built a FAST Classroom Kit containing the following elements and suitable for up to 24 students.

- 6 tourniquets
- 1 First Aid for Severe Trauma Instructor's Manual
- 1 First Aid for Severe Trauma DVD
- 24 First Aid for Severe Trauma Ready Reference Cards

Specifications for Instructors

Instructors with a current certification that includes tourniquet training should review the [FAST Instructor Bridge prerequisites](#) to see if they are eligible for the free, online Instructor bridge. Educators who do not meet the prerequisites may still qualify to participate in the Instructor crossover with skills session that releases on August 19, 2021.

Continuing education units (CEUs) are available for all FAST Instructor courses:

- FAST Instructor Course (online + skills session): .7 CEUs, 7.0 contact hours
- FAST Instructor Bridge (online only): .2 CEUs, 2.0 contact hours
- FAST Instructor Crossover (online + skills session) Course: .3 CEUs, 3.0 contact hours
- FAST Instructor Trainer Bridge (online only): .5 CEUs, 5.0 contact hours