



**American  
Red Cross**

First Aid for  
Severe Trauma



**STOP**  
THE BLEED®

## Frequently Asked Questions

### CURRICULUM/CONTENT

**Q: What does the FAST course teach?**

**A:** First Aid for Severe Trauma™ (FAST™) is the first national STOP THE BLEED® course designed specifically for high school students with input, feedback and testing from teachers, student, and medical experts. FAST teaches key topics designed to save a life in the first 10 minutes after a severe bleeding injury, including:

- **Response principles:** Preparing for bleeding emergencies; recognizing that a bleeding emergency exists; emergency action steps, deciding to act in an emergency
- **Scene safety:** Keeping yourself safe in an emergency; helping others to safety; violent situations
- **Emergency communications:** Communication basics; communicating with others at the scene; communicating with the emergency dispatcher
- **How to care for life-threatening bleeding:** Using pressure to stop bleeding; applying direct pressure; using a tourniquet; after the bleeding stops

**Q: What is the duration of the FAST course?**

**A:** The instructor-led (100% classroom) version of the course is expected to be 135 minutes. The blended learning (online + classroom) version of the course will also take about 135 minutes, divided into a 90-minute online portion that may be given as homework while the remaining 45 minutes will occur in-person in a classroom. The online-only version will be a 90-minute course.

**Q: What age range is the FAST course designed for?**

**A:** FAST was designed specifically for high school students; however, students from middle school upwards and adults can take the course and benefit from the course material.

**Q: Is FAST a STOP THE BLEED course? Will it meet my state requirements to teach about bleeding control?**

**A:** The Red Cross FAST course meets all U.S. Department of Defense requirements to be a STOP THE BLEED course.

**Q: How did the FAST course come about?**

**A:** The Red Cross FAST program is a collaborative initiative with the American Red Cross, the National Center for Disaster Medicine and Public Health, and the Department of Homeland Security Science and Technology Directorate.

## IMPLEMENTATION

**Q: How do I sign up to teach the FAST program?**

**A:** There are two ways to teach FAST courses:

Option #1: Become a Red Cross training provider.

Option #2: If you are already a Red Cross training provider, add FAST to your agreement.

If you do not have a Red Cross sales executive, simply complete this [webform](#) and tell us which option is right for you. We'll then get in touch with you to complete the paperwork and give you information on how to train your Instructors to be certified to teach FAST.

**Q: How much does the FAST course cost?**

**A:** The FAST course and digital materials will be offered at no charge to high school students under the age of 19, thanks to a grant from the Department of Homeland Security. The Red Cross will charge a fee of \$24 per participant for certification classes taught to non-high school students. The online only course will cost \$30 and users will receive a certificate of completion upon finishing it.

The Red Cross will offer FAST course instructor materials in PDF format at no cost to FAST instructors in teaching high school students. This includes instructor manuals, reference cards and student manuals. There will, however, be a charge should the school wish to purchase printed versions.

Additionally, schools will be required to have training supplies such as limb models and tourniquets available in the classroom for in-person, psychomotor practice and skills testing. The Red Cross will make training kits available for purchase if you do not already have supplies.

**Q: Where can I obtain supplies for this course?**

**A:** Training supplies for skills- 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. The Classroom Kit will retail for \$299 but if you are a school, your sales executive can provide you with a coupon code that brings the price to \$229. Recommendations for models on which to practice tourniquet skills can be found on the [Red Cross Learning Center](#).

- 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

**Q: How many tourniquets will we need when we teach FAST?**

**A:** We expect that you will need 1 tourniquet for every group of 4 students taking the FAST course.

**Q: How many students can be taught FAST in one class?**

**A:** One instructor may teach up to 24 students in one class.

**Q: Does the course use videos?**

**A:** The FAST courses do use videos. Videos may be obtained at no cost through the Red Cross Learning Center via download, streaming, or embedded within the course presentation. A DVD will be available through the Red Cross for a fee; the cost of the DVD is pending.

**Q: What is the price of the course for those who are not high school students?**

**A:** The Red Cross will charge a fee of \$24 per participant for certification classes taught to non-high school students. The online-only course will cost \$30 and users will receive a certificate of completion upon finishing it.

## INSTRUCTORS

Q: **How can someone become a FAST Instructor?**

A: There will be three Instructor courses available on August 19, 2021:

**FAST Instructor Course:** A blended learning (online learning and virtual skills session) course for individuals with no training as an Instructor or professional educator

Online: 1 ½ to 2 hours

Virtual Skills Session: 5 hours, 10 minutes

.7 CEUs, 7.0 contact hours

**FAST Instructor Crossover with Skills Session:** A blended learning (online learning and virtual skills session) course for individuals who are professional educators or current Instructors but not trained in tourniquets and severe bleeding. Participants must provide proof of being an instructor or professional educator.

Online: 1 ½ to 2 hours

Virtual Skills Session: 1 hour

.3 CEUs, 3.0 contact hours

**FAST Instructor Bridge:** An online-only course for individuals certified to teach tourniquet and severe bleeding courses for other providers. Participants must be able to provide current certification in tourniquet and/or severe bleeding training.

Online: 1 ½ to 2 hours

Virtual Skills Session: 1 hour

.2 CEUs, 2.0 contact hours

Q: **What prerequisites and Instructor certifications will be accepted for the bridging and crossover Instructor courses?**

A: The below certificates will be accepted for the free, online-only FAST Instructor Bridge:

<b>American Red Cross</b> Emergency Medical Response	<b>National Safety Council</b> Emergency Medical Response
<b>National Center for Disaster Medicine &amp; Public Health</b> Bleeding Control Certificate of Attendance	<b>National Registry of Emergency Medical Technicians Instructor or State Instructor Licensure/Certification</b> Paramedic Advanced Emergency Medical Technician Emergency Medical Technician Emergency Medical Responder
<b>Health and Safety Institute (HSI) including ASHI and Medic First Aid</b> Advanced Bleeding Control	<b>American College of Surgeons</b> STOP THE BLEED

The below certificates will be accepted for the FAST Instructor Bridge Crossover Course with Skills Session:

<b>American Red Cross</b> First Aid/CPR/AED Basic Life Support Advanced Life Support Pediatric Life Support CPR/AED for Professional Rescuers Emergency Medical Response Lifeguarding	<b>National Center for Disaster Medicine &amp; Public Health</b> Bleeding Control Certificate of Attendance
<b>American Heart Association</b> HeartSaver First Aid/CPR/AED ACLS BLS PALS PEARS	<b>National Registry of Emergency Medical Technicians Instructor or State Instructor Licensure/Certification</b> Paramedic Advanced Emergency Medical Technician Emergency Medical Technician Emergency Medical Responder
<b>Health and Safety Institute (HSI) including ASHI and Medic First Aid</b> CPR, AED, and First Aid	<b>National Safety Council</b> CPR, AED, and First Aid Canadian Red Cross First Aid
<b>Canadian Red Cross</b> First Aid	<b>Teaching Licensure/Certification</b> Teaching licensure/certification from a city, county or state

## CERTIFICATION

**Q: What certification will students receive when they complete the FAST course?**

**A:** Students who complete either the instructor-led (100% classroom) or the blended learning (online + classroom) versions of the FAST course will receive a digital Red Cross FAST certification card valid for two years. Students who complete the online-only version of the FAST course will receive a Red Cross participation digital certificate. Like all other Red Cross courses, paper certificates are available for an additional charge.

**Q: How will FAST instructors know when their students have completed the online portion of the blended learning course?**

**A:** The student will get a completion certification for the online portion of the course once he/she successfully completes it. They can take a screen shot of the certificate or print it out to demonstrate completion of the online portion. Instructors may also verify student completion of the online portion of the course through the Red Cross Learning Center. It is important to note that the student will not receive the two-year FAST certification until successful completion of the in-person skills session.

## NEXT STEPS

**Q: What information do you have that I can share with curriculum decision makers and funders in my school and district?**

**A:** Please review the information available online at <http://www.redcross.org/FAST> and download the materials that you find useful. The information kit contains this FAQ, a product information sheet, a brochure and infographics about life-threatening bleeding. If there is something that you need that is not available, please email [FASTmarketing@redcross.org](mailto:FASTmarketing@redcross.org) with your request or get in touch with your sales executive.