



First Aid for Severe Trauma

Instructor Crossover with Skill Session

Virtual Community Class Instructions

These instructions are for instructors currently certified with the Red Cross or equivalent training organizations who wish to become certified as an American Red Cross First Aid for Severe Trauma (FAST) instructor. Please read the full document before taking any action.

Instructors taking this crossover must complete a skill session and demonstrate how to use tourniquets. To become an American Red Cross First Aid for Severe Trauma Instructor, candidates will need to successfully complete the First Aid for Severe Trauma Instructor Crossover following these steps:

- Step 1: Meet the course prerequisites
- Step 2: Register for the Instructor Crossover with Skill Session
- Step 3: Obtain 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. Candidates may also purchase course materials at the Red Cross store.
- Step 4: Complete the online course
- Step 5: Obtain the required course supplies
- Step 6: Complete the virtual skill session
- Step 7: Affiliate to a Red Cross provider

Upon successful completion of the instructor crossover, candidates will receive an American Red Cross First Aid for Severe Trauma Instructor certification, valid for 2 years and a basic-level First Aid for Severe Trauma certification, also valid for 2 years. Once certified, instructors must be affiliated with a training provider authorized to offer Red Cross courses to access instructor resources and teach Red Cross courses.

Important: Candidates should review the “First Aid for Severe Trauma Instructor Bridge” document to determine if they meet the qualifications to become a First Aid for Severe Trauma Instructor through an abbreviated process.

Step 1: Meet the Course Prerequisites

To participate in the First Aid for Severe Trauma Instructor Crossover, candidates must possess a current instructor certification from Table A below. Instructors will verify that candidates meet the course prerequisites at the in-person skill session.

Table A: Instructor Certification

Organization	Instructor Certification
American Red Cross	<ul style="list-style-type: none">• First Aid/CPR/AED• Basic Life Support• Advanced Life Support• Pediatric Life Support• CPR/AED for Professional Rescuers• Emergency Medical Response• Lifeguarding
American Heart Association*	<ul style="list-style-type: none">• Heartsaver First Aid/CPR/AED• ACLS• BLS• PALS• PEARS
Health and Safety Institute (HSI) – includes ASHI and Medic First Aid	<ul style="list-style-type: none">• CPR, AED, and First Aid
National Center for Disaster Medicine & Public Health	<ul style="list-style-type: none">• Bleeding Control Certificate of Attendance
National Safety Council	<ul style="list-style-type: none">• First Aid, CPR and AED
Canadian Red Cross	<ul style="list-style-type: none">• First Aid
Teaching Licensure/Certification	<ul style="list-style-type: none">• Teaching Licensure/Certification from a City, County, or State

Step 2: Register for the Instructor Crossover

Visit www.redcross.org/take-a-class to search and register for the Virtual First Aid for Severe Trauma Instructor Crossover if you have not already done so. You must search for this class in the 20006 Washington D.C. zip code. The course will not be available for search on RedCross.org in other zip codes. This course includes both an online course and a skill session. Once registered for a course, candidates will return to the Learning Center and launch the online session of the First Aid for Severe Trauma Instructor Crossover.

Step 3: Obtain and Review Course Materials

First Aid for Severe Trauma Instructor Candidates should obtain and review the following course materials prior to completing the First Aid for Severe Trauma Instructor Crossover:

- First Aid for Severe Trauma Instructor Bulletin
- First Aid for Severe Trauma Instructor's Manual
- First Aid for Severe Trauma Handbook
- First Aid for Severe Trauma Ready Reference Card
- First Aid for Severe Trauma Course Presentation
- First Aid for Severe Trauma Videos

Digital course manuals are available on the Red Cross Learning Center on the Materials tab upon launching into the course. Course presentations, online session demos, and other digital materials are in the Instructor Lifecycle/Instructor Candidate Resources section of the home page of the Learning Center. Print materials are available for purchase on the Red Cross Store (redcross.org/store).

Step 4: Complete the Online Instructor Crossover

Follow the instructions provided by the Red Cross representative to complete the First Aid for Severe Trauma Instructor Crossover in the Red Cross Learning Center. The estimated completion time for the online portion of the First Aid for Severe Trauma Instructor Crossover is 2 hours.

Step 5: Obtain the Required Course Supplies

First Aid for Severe Trauma Instructor Candidates must obtain the following course supplies prior to joining the in-person skill session:

- Latex-free disposable gloves
- Gauze pads
- Windlass rod tourniquet
 - Improvised/homemade tourniquets and ratcheting tourniquet are NOT acceptable for the crossover class.
 - Tourniquets can be purchased online through the Red Cross Store (redcross.org/store) or through online retailers that sell medical equipment.
- Bleeding Control Limb Trainer
 - Instructions on how to create your own limb trainer can be found [here \(https://arc-phss.my.salesforce.com/sfc/p/d0000000bxKz/a/3o000001EsJo/8KOpA4MI1NWeG_tUI1TQBVVoStVOPr4VqgigWykrOThM\)](https://arc-phss.my.salesforce.com/sfc/p/d0000000bxKz/a/3o000001EsJo/8KOpA4MI1NWeG_tUI1TQBVVoStVOPr4VqgigWykrOThM).
- A computer with a webcam and microphone that can join a video conference.
- A print or digital copy of the First Aid for Severe Trauma Handbook or Ready Reference Card

Step 6: Complete the Skill Session

The First Aid for Severe Trauma Skill Session will be a virtual skill session hosted by an American Red Cross Instructor. Participants will need the above supplies for the skill session. They will also need to provide proof of meeting the prerequisites at the start of the video conference. They can do this by uploading a copy into the chat, holding a copy up to the camera where the instructor can see it, or sharing their screen with proof of certification on their desktop.

Upon successful completion of the First Aid for Severe Trauma Instructor Crossover, an American Red Cross First Aid for Severe Trauma Instructor Certification will be added to the candidate's profile in the Learning Center; this instructor certification will be valid for two years. The estimated completion time for in-person session of the First Aid for Severe Trauma Instructor Crossover is 45 minutes.

Step 7: Affiliate to a Red Cross Provider

Prior to teaching American Red Cross courses, candidates 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 candidates 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 the candidate's organization administrator to contact us to complete or update the organization's Training Provider agreement.