

# How to Become an American Red Cross Lay Responder First Aid and CPR/AED Instructor

## **Step 1: Successfully complete the basic-level courses.**

- A. Standard First Aid plus CPR/AED-Adult**  
8 hours -- \$64

Includes the Check-Call-Care emergency action steps; checking a conscious and unconscious adult; and recognition and care for adult breathing and cardiac emergencies.

- B. CPR/AED-Child plus Infant CPR**  
5 hours -- \$49

Includes the Check-Call-Care emergency action steps; checking conscious and unconscious children and infants; and recognition and care for breathing and cardiac emergencies in children and infants.

## **Step 2: Successfully complete the instructor courses.**

- A. Fundamentals of Instructor Training (FIT)**  
4 hours -- \$30

Includes the history, structure, and activities of the American Red Cross; the learning environment from the perspective of the learner; teaching methods and facilitation skills; managing individual and group learning needs; assessing participant progress and giving feedback, and standards of quality and consistency.

- B. Lay Responder First Aid and CPR/AED Instructor**  
18 hours -- \$175

Includes skill and knowledge testing of the instructor candidate (successful completion is required to continue in the course); programs that a Lay Responder First Aid and CPR/AED Instructor may teach; teaching strategies; classroom and skill session management; participant health and safety; manikin care and decontamination; automated external defibrillation; observing and evaluating skill performance; administrative terms and procedures; practice teaching; and written final examination. Requires preparation outside of class time.

For more information contact the American Red Cross at 216-431-3076 or  
customerservice@redcross-cleveland.org.