



CPR AND FIRST AID BLENDED LEARNING INSTRUCTIONS

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**Step-by-step guide to complete the online blended
portion of the American Red Cross's**

Blended Learning Adult and Pediatric First Aid/CPR/AED

Welcome! Below are instructions to help you start and complete your CPR & First Aid training online, through the **American Red Cross**. ExpertCare uses **blended learning** for its CPR/FA training. This allows you to **take part of the class online and then finish the class in-person**. You must complete this course before attending the in-person skills class.

Blended Learning consists of online instruction with quizzes informational videos about CPR/FA and a face-to-face skills training at ExpertCare's office in Troy, MI.

Steps for Completing Blended Learning:

Tips for Viewing:

It is recommended that you complete this course on a computer or tablet.

On occasion, learners who access this course from a smartphone may lose their progress. **Any modules not saved will need to be retaken by the learner.**

If accessing from a phone, please use Apple Safari 13+, Microsoft Edge 85+, Internet Explorer 11, Mozilla Firefox 81+, or Google Chrome 85+ browser.

Make sure your pop-up blocker is turned off. Instructions for turning off pop-up blocker:

- Chrome: Go to the Chrome menu > "Settings" > "Show advanced settings" at the bottom
- Firefox on PC: Go to the Firefox menu > "Content"
- Firefox on Mac: Go to the Firefox menu > "Preferences" > "Content"
- Safari on Mac: Go to the Safari menu > "Preferences" > "Security"
- Internet Explorer: Go to "Tools" > "Internet Options" > "Privacy"
- If your browser prompts you with a question about secure content, answer it in a way that allows you to see all material.

If you are having technical issues, contact the Red Cross Training Support Center:

Call: 800-RED-CROSS (800-733-2767)

Email: support@redcrosstraining.org

Getting Started

You'll be sent an email from **"no-reply@redcross.org"** with instructions on how to begin the training. The title of the email will be: **"Important Information for Blended Learning Adult and Pediatric First Aid/CPR/AED Online Session Class Registration"**. *(On occasion, ExpertCare may enroll you into a different required course. If you are assigned to a class other than this and are unsure if it is the correct class, please contact a Trainer at ExpertCare before proceeding.)*

Important Information for Blended Learning Adult and Pediatric First Aid/CPR/AED Online Session Class Registration

I thank you for registering. Below are instructions to access your course and course materials.

Class Name: Blended Learning Adult and Pediatric First Aid/CPR/AED Online Session

3 Easy steps to log in and get started:

Step 1: Go to [RedCrossLearningCenter.org](https://www.redcrosslearningcenter.org/)
If you've registered for a First Aid/CPR/AED online course, you can access it on PC, tablets and mobile devices and on Apple® Safari® 13+, Microsoft® Edge 85+, Internet Explorer 11, Mozilla® Firefox® 81+?and Google Chrome™ 85+ browsers.

For all other courses, copy RedCrossLearningCenter.org into a Firefox or Google Chrome browser.

Step 2: Log into the Red Cross Learning Center at [RedCrossLearningCenter.org](https://www.redcrosslearningcenter.org/)

Your Red Cross Learning Center Username
is: bwoodruff@expertcare.com

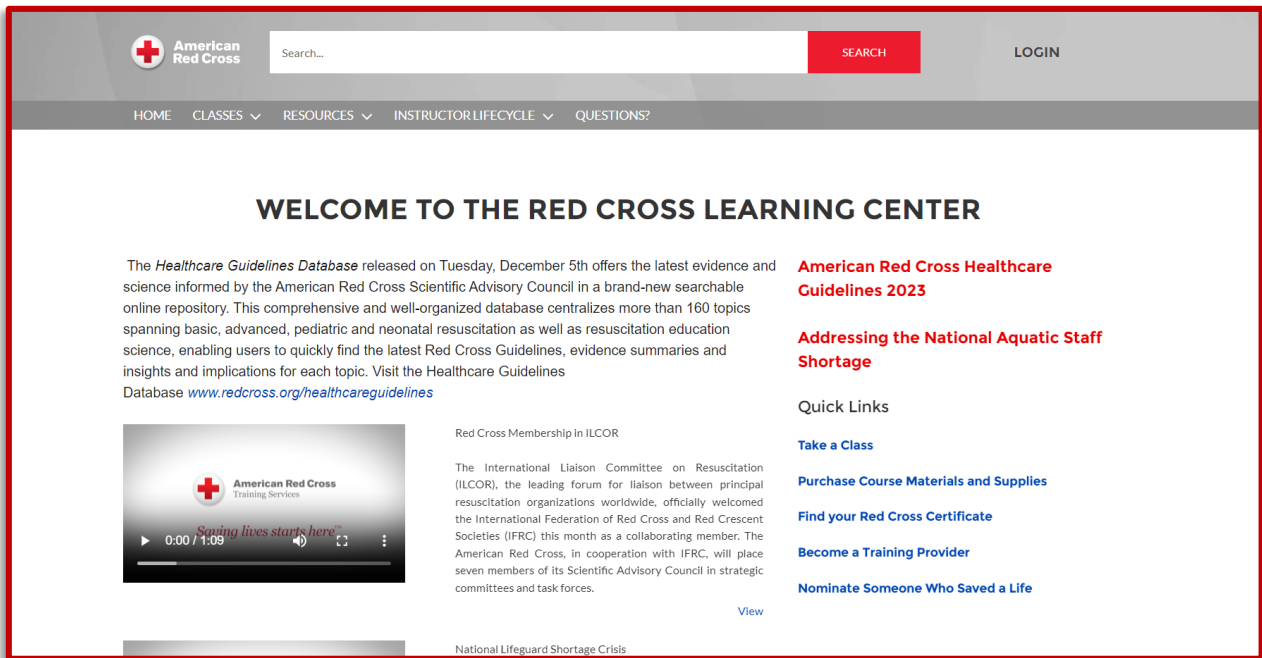
Step 3: Enter Your Password. If you do not have or remember your password, you can *click on Forgot password link* to set up a new password

Once you sign in, you will see your Red Cross Learning Center account homepage. Click on the class to access the digital course materials, then hit Launch to start the online content. If you need assistance, click on the Questions navigation tab for FAQs and to click to chat or create a case with our support team.

Click on the link in the email or use the following link to access the training course:

<https://www.redcrosslearningcenter.org/>

To begin, click **“LOGIN”** on the top right of the page.



If you are a new user, the email from the Red Cross will have your username. **New users will have to select “Forgot Password” on the login screen to set up a new password.**

Step 1: Go to RedCrossLearningCenter.org
If you've registered for a First Aid/CPR/AED online course, you can access it on PC, tablets and mobile devices and on Apple® Safari® 13+, Microsoft® Edge 85+, Internet Explorer 11, Mozilla® Firefox® 81+ and Google Chrome™ 85+ browsers.

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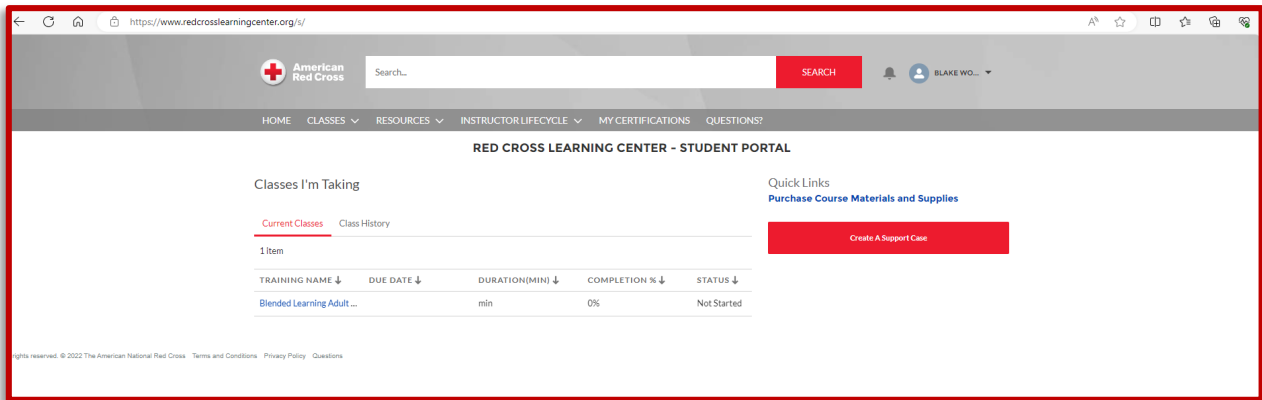
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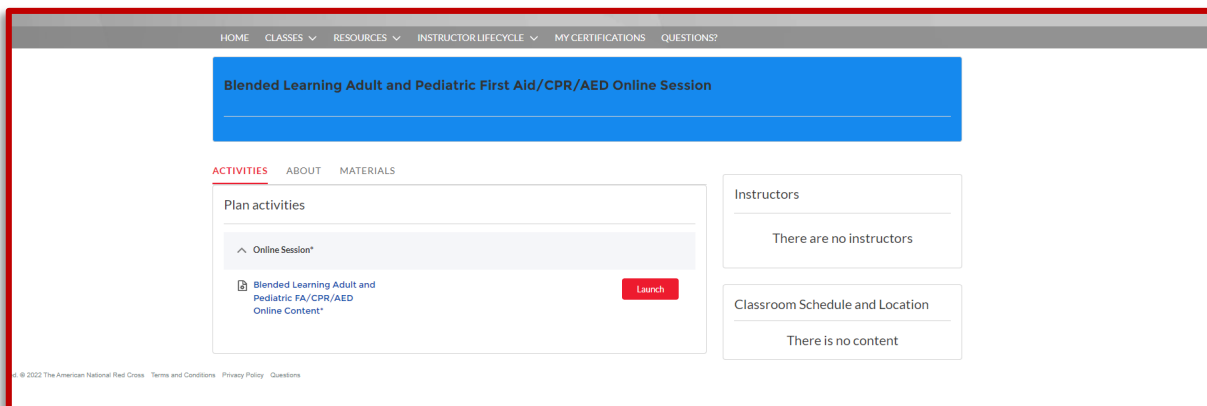
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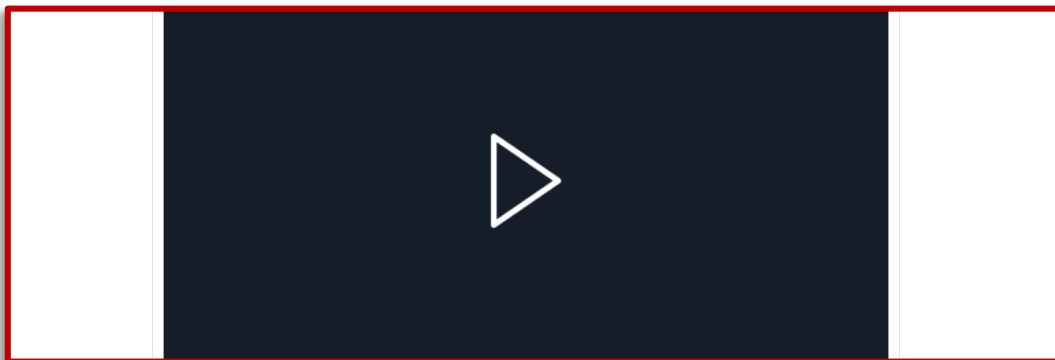
On the next screen your current classes will be listed. The training you will be taking is called: **Blended Learning Adult and Pediatric FA/CPR/AED Online Content**. Click on the title of the class to proceed. *(If you are assigned to a class other than this and are unsure if it is the correct class, please contact a Trainer at ExpertCare before proceeding.)*



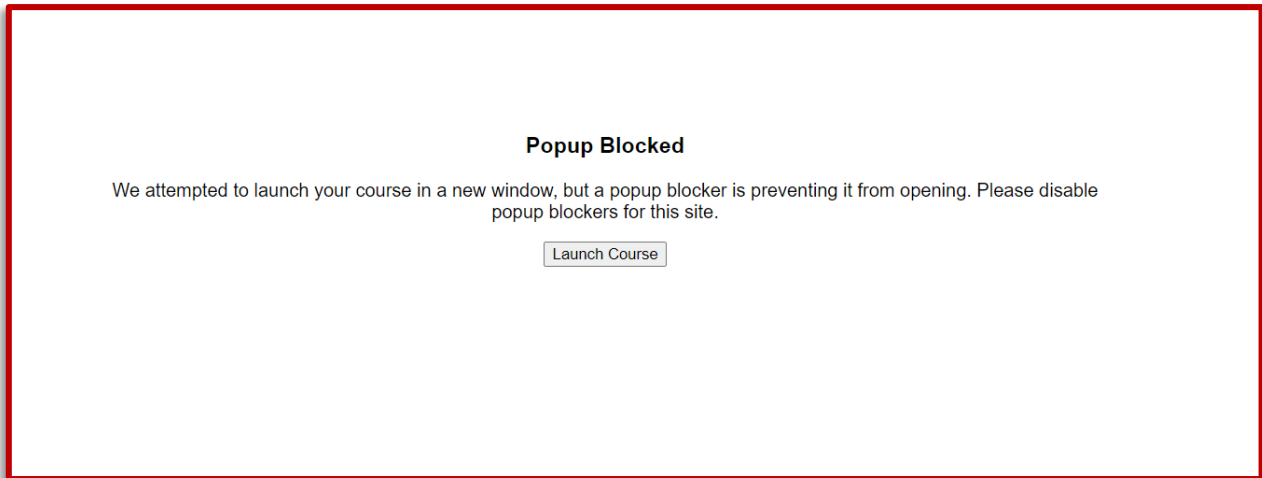
The next screen lists your activities. Click the red **“Launch”** button to start.



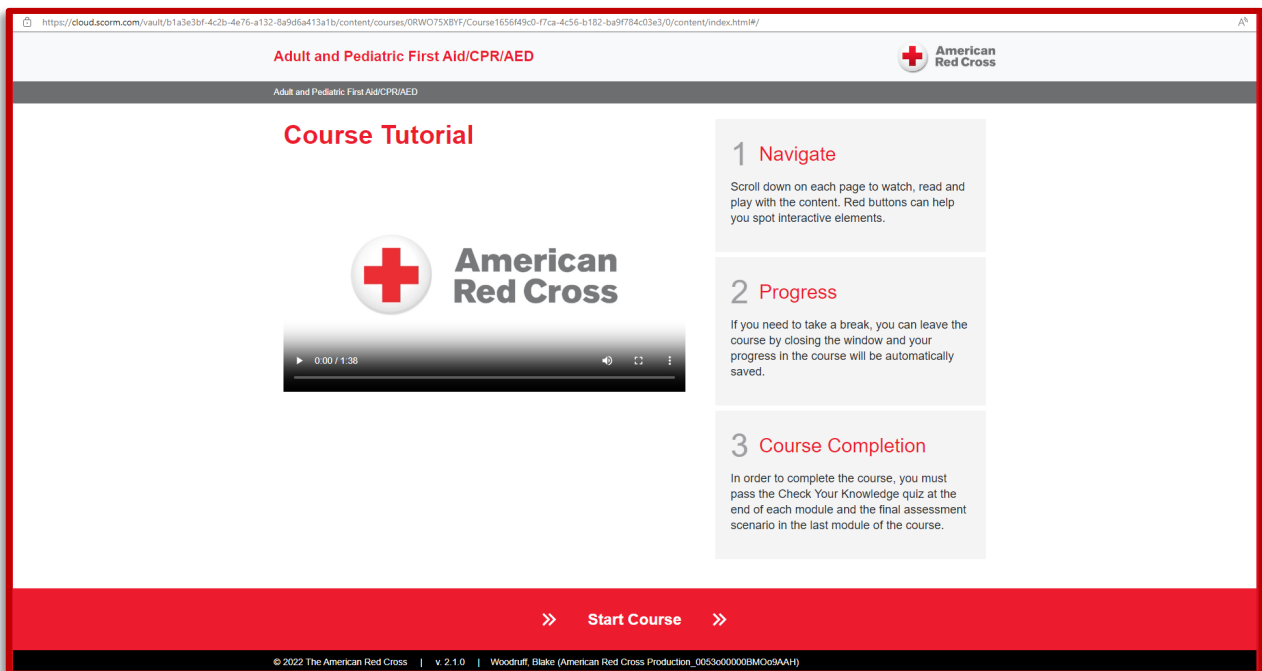
Click the white triangle to continue.



You will need to **disable any popup blockers to proceed** as the training will open in a new window. If you do not have a popup blocker or have disabled yours, please click **“Launch Course”** to start the training.




Click on the video to start the Course Tutorial, which will give you detailed instructions on how to use the training. Once you have finished the video click the red banner at the bottom of the page that says, **“Start Course.”**



The Training

Welcome to the American Red Cross's Blending Learning training. From this page you'll be able to start the **7 modules you'll need to complete to begin your certification**. You can scroll down the page to see the name and description of each module. Click **"Start Course"** to start.

Adult and Pediatric First Aid/CPR/AED




Adult and Pediatric First Aid/CPR/AED


WELCOME TO

Adult and Pediatric First Aid/CPR/AED


This course will give you the confidence, knowledge and skills to recognize a life-threatening emergency and give immediate care. So, when minutes matter, you'll be prepared to be the best first First Responder.

Start Course



 Course Modules


MODULE 1

 First Aid, CPR, AED Foundations

1 | Introduction

When you begin a module, you will **have the option to take a pre-assessment test**. The pre-assessment test will cover all the topics in the module.

Adult and Pediatric First Aid/CPR/AED



Module 1: First Aid, CPR, AED Foundations


First Aid, CPR, AED Foundations


MODULE 1

First Aid, CPR, AED Foundations

Being knowledgeable and skilled in giving first aid can help you to make your workplace, home and community a safer place to be.

When a person is injured or becomes suddenly ill, your quick action can prevent the injury or illness from worsening, and it may even save the person's life. Although every emergency situation is unique, understanding basic principles of giving first aid care will always serve you well.





Pre-Assessment

Before you begin this module, answer the following questions to test out of topics you already understand. If you don't want to take this pre-assessment, you may begin reviewing all topics starting from Topic 1.


→ TAKE PRE-ASSESSMENT

← SKIP

Passing the pre-assessment with 100% will allow you to skip to the end of module. There is no penalty for failing the pre-assessment, you will simply have to complete all the training topics in the module you did not pass in the pre-assessment (the pre-assessments are designed to allow users that may be proficient in CPR/FA skills to skip ahead in some of the sections).

After the pre-assessment you'll see a list of all the training topics for the modules along with your progress. Click on the red button that says **"START"** on the right of the training topic to begin or review that topic.

Adult and Pediatric First Aid/CPR/AED



Module 2: Adult CPR and AED


Menu Resources Save & Exit


MODULE 2

Adult CPR and AED

Life-threatening cardiac arrest often strikes close to home, where we live, work and play. When you know how to recognize and respond to cardiac arrest, the life you could save is likely to be that of someone you know.

Because every minute counts when a person is experiencing cardiac arrest, the person's survival often depends on lay responders. You can save a life by acting quickly and giving appropriate care until EMS personnel arrive and begin their care of the person.





 Learning Plan

Start from the first topic available. When you complete a topic, the next topic will unlock.

1


Recognizing Cardiac Arrest


Status: Passed 

 REVIEW

2


Components of High-Quality CPR


Status: Passed 

 REVIEW

3


Giving CPR


Status: Passed 

 REVIEW

4


Safe and Effective Use of AEDs


Status: Passed 

 REVIEW

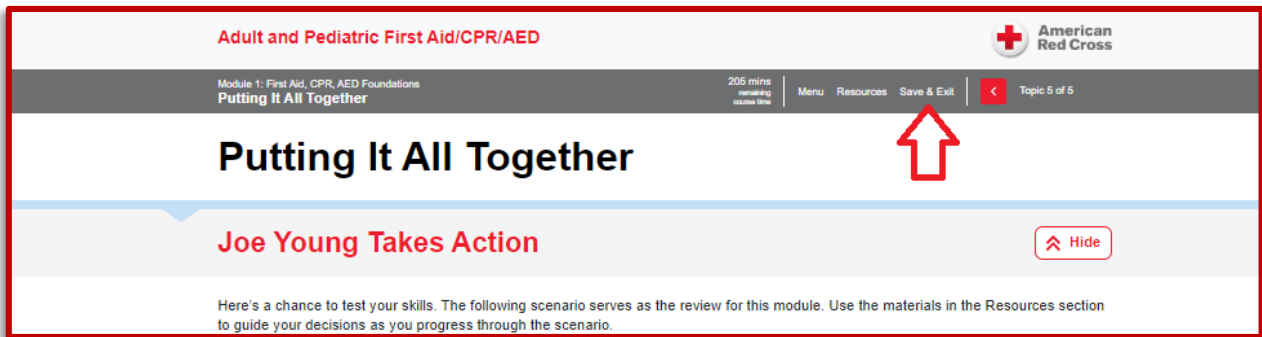
5

Putting It All Together

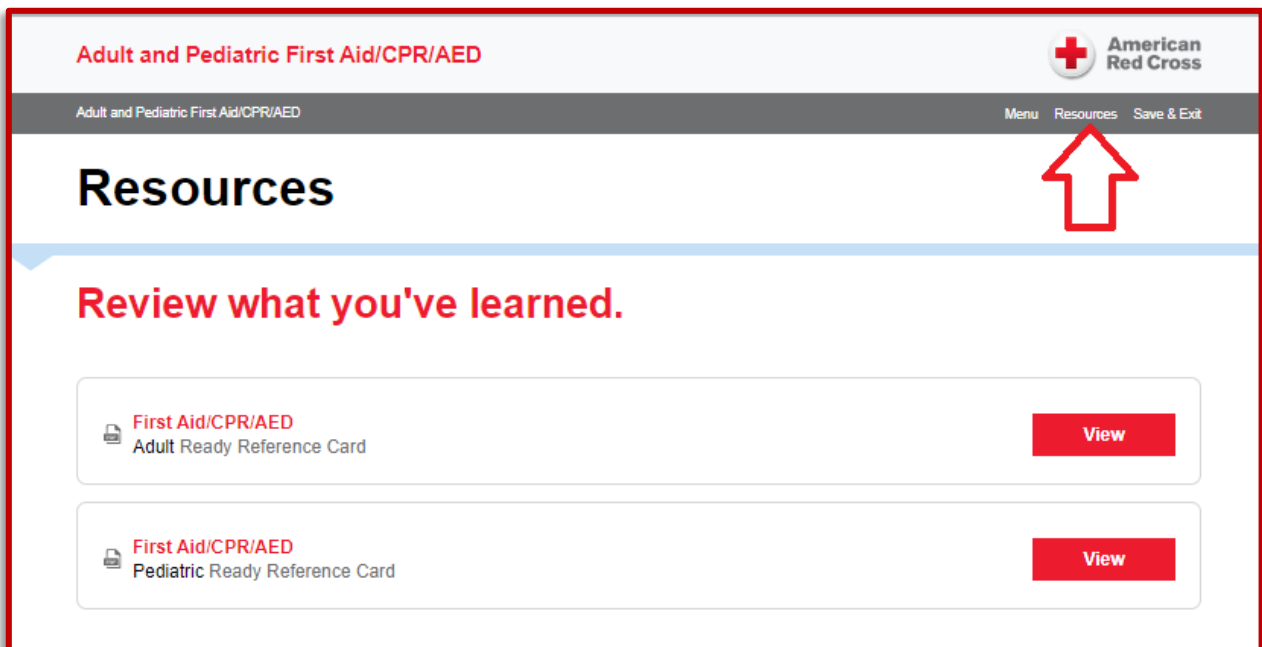
Status: Passed 

 REVIEW

Modules are not timed so complete them at your own pace. The American Cross estimates that the entire online training will take a person about 3 to 4 hours to complete. **If you need a break, you can save and exit via the top menu at any time.**



At the top of the page is a **“Resources”** section. Clicking on this will lead to a screen with links to .PDF documents that you can use for quick references during the course.



Each training topic is broken down with text, videos, and interactive graphics which have additional information when you click on them.

Adult and Pediatric First Aid/CPR/AED

American Red Cross

Module 5: Adult CPR and AED

Components of High-Quality CPR

Home Resources Start & End



Page 2 of 5

Components of High-Quality CPR

Give High-Quality CPR and Save a Life

Knowing how to perform high-quality CPR ensures you are doing everything you can to save a person's life.

High-quality CPR can double or triple a person's chance of survival
if it is provided in the first few minutes of a person experiencing cardiac arrest.



Components of High-Quality CPR Review

To provide high-quality CPR, use correct hand placement and body position. Flip the cards to review additional components of high-quality CPR.

Show Front Show Back

Compression rate:	Compression depth:
Chest position between compressions:	Minimize necessary interruptions in chest compressions to:
Breaths:	

2


Check your Knowledge

10 Minutes

START

Once you have finished reading the information scroll to the button and **click the red “START” button to begin the quiz.** You may notice bolded terms and phrases throughout the training, these terms and phrases will appear in the quizzes so are important to pay extra attention to.

Adult and Pediatric First Aid/CPR/AED



Module 1: First Aid, CPR, AED Foundations
Lowering the Risk for Infection


Menu Resources Save & Exit

< Topic 2 of 5 >

Lowering the Risk for Infection

Check Your Knowledge

Now that you've learned how to lower your risk for infection when giving first aid care, answer the following questions.



Start

module 1
topic 3

Recognizing Emergencies and Gaining Confidence to Act

20 Minutes

→ START

There is no penalty for failing a quiz. It will place you back at the beginning of training topic to review the information again. Scroll down the page then **start the quiz again** when you are ready.

Each quiz is between 3 to 10 questions long. **You will need to score at least 80% on each quiz to proceed to the next section.**

When you have completed every training topic in a module, you'll be given one final test for **"Putting It All Together."** This section will present a scenario with text or video about an emergency situation regarding the skill you've just learned.

Module 1: First Aid, CPR, AED Foundations
Putting It All Together

205 mins
Estimated module time

Menu Resources Save & Exit

Topic 5 of 5

Putting It All Together

Joe Young Takes Action

Hide

Here's a chance to test your skills. The following scenario serves as the review for this module. Use the materials in the Resources section to guide your decisions as you progress through the scenario.

Who's Involved?

NP

Nick Puras
Injured person

JY


Joe Young
First aid responder

Scenario

WHAT'S HAPPENING?

A worker is carrying mulch at the site of a landscaping job. He trips over something on the ground and falls.

Start



Following the prompts, you'll be asked questions about how to respond in the situation. Answer accordingly and proceed. **The scenario will not change based on your responses,** however, be aware that you **will not receive your score until after the scenario is over.**

Much like the smaller training topic quizzes, **you'll need a score of at least 80% in "Putting It All Together" to continue to the next module.** Otherwise, click **"Try Again"** to rewatch the scenario and take the quiz again.

Overall Feedback

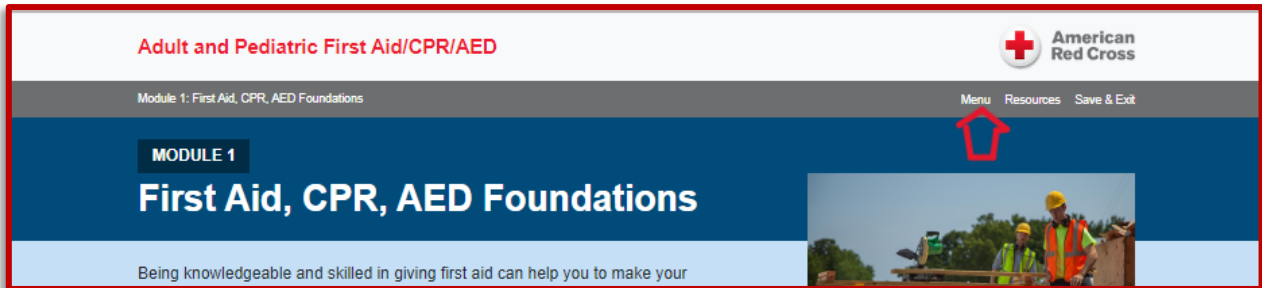
0 OUT OF 4 CORRECT ANSWERS

0%

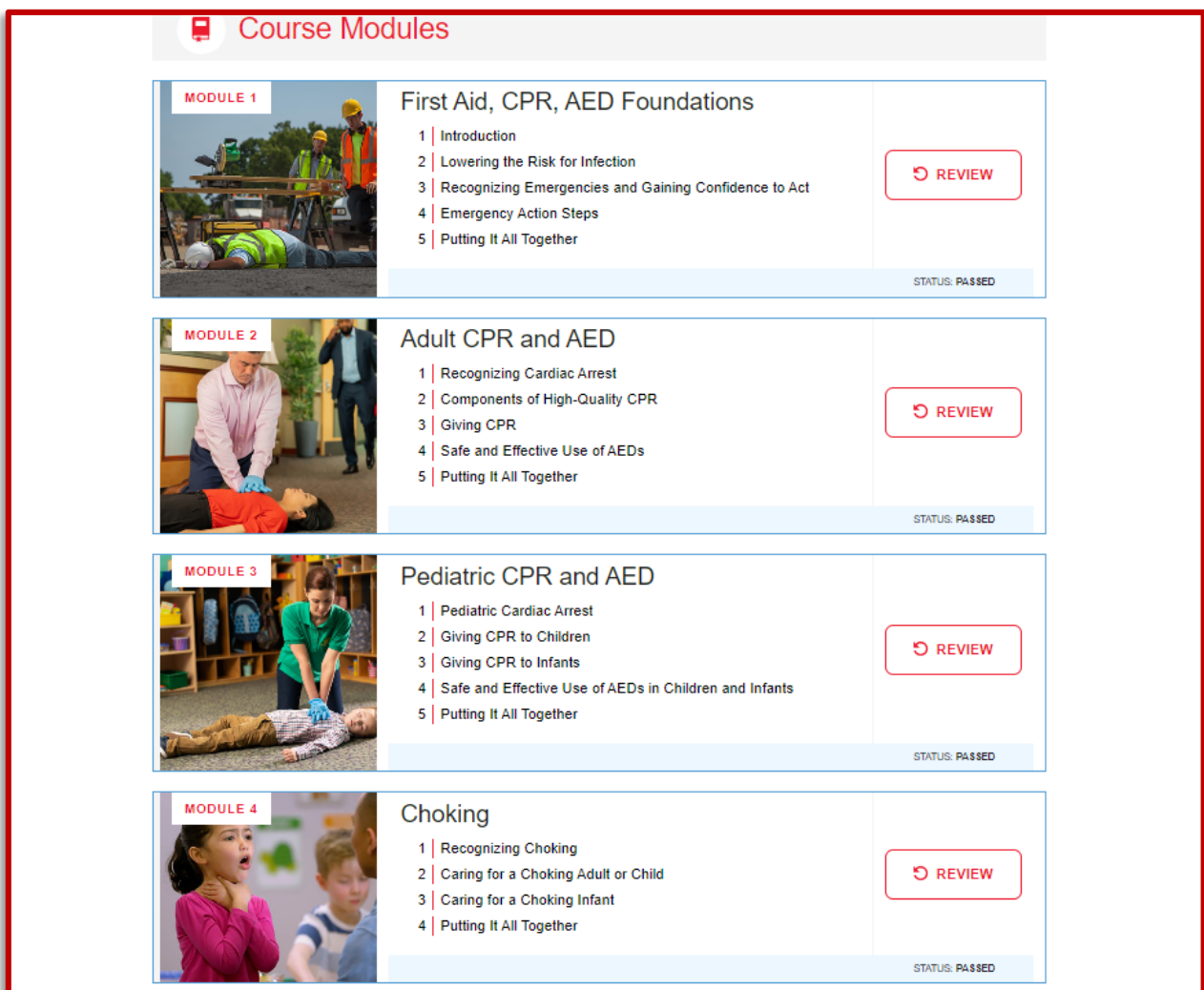
To pass this module, you need to score at least 80% on the scenario quiz. Try again for a better score.

Try Again

If you want to return to the main training menu at any time, simply click **“Menu”** at the top of the page. **You can return to the menu even during a quiz**, this can be helpful if you wish to review a topic.




Follow these steps to **complete all 7 of the modules** listed on the main training page. You can review topics at any time. (Some classes may have fewer modules to complete).



Completing the Training

Once you pass and complete every module, the main page will show a banner saying “Congratulations!” and directing you to **sign up for an in-person skills session for the next part of your training.**

Adult and Pediatric First Aid/CPR/AED



Adult and Pediatric First Aid/CPR/AED


Congratulations!


You have successfully completed the Adult and Pediatric First Aid/CPR/AED online course! To receive a valid 2 year Red Cross certificate that meets OSHA and other workplace regulatory requirements, please proceed to an instructor-led skill session within 90 days.

WELCOME TO


Adult and Pediatric First Aid/CPR/AED

This course will give you the confidence, knowledge and skills to recognize a life-threatening emergency and give immediate care. So, when minutes matter, you'll be prepared to be the best first First Responder.



 **Course Modules**

MODULE 1

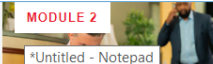


First Aid, CPR, AED Foundations

- 1 | Introduction
- 2 | Lowering the Risk for Infection
- 3 | Recognizing Emergencies and Gaining Confidence to Act
- 4 | Emergency Action Steps
- 5 | Putting It All Together

STATUS: PASSED

MODULE 2

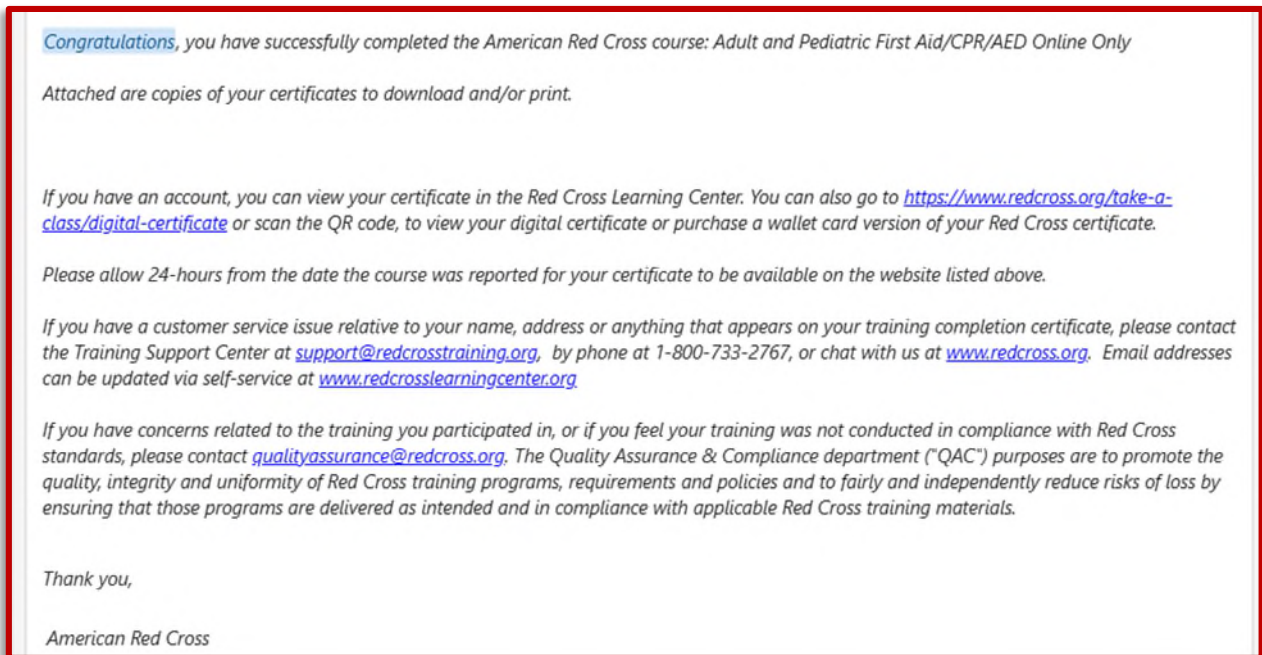


Adult CPR and AED

- 1 | Recognizing Cardiac Arrest

Your next step is to **check your email** for your blended learning certification. The American Red Cross will send an email titled: ***“Completion Certificates for your Red Cross Training”***.

This email will have your certificate for blended learning attached to it. If you can't open the attachment, it has instructions on how to obtain a copy of the certificate from their website. It takes **at least 24 hours for certificates to appear on the Red Cross website.**



If you did not receive an email, check your SPAM or JUNK folder for any emails sent from
"no-reply@redcross.org".

Final Steps

Once you have obtained your certificate, please submit it right away to training@expertcare.com. You will be contacted by a Trainer to get scheduled for the in-person skills training so you can complete your CPR and First-Aid certification.

You must complete the online training before you are able to attend the in-person skills training at ExpertCare.

The face-to-face skills session will review the information you learned in this training and give you **a chance to demonstrate the skills on a practice manakin**. ExpertCare holds in-person classes about once a week. **Each session lasts about 2 hours**. These sessions are located at ExpertCare's office: 210 Town Center Drive, Troy, MI 48084.

If you are unable to successfully perform any of the CPR/FA skills in the face-to-face session, you will not be able to pass the course. Please review the modules before attending class. There are a number of physical demonstrations you will be required to perform in order to pass the course *(some examples are but not limited to, chest compressions with the manakin on the floor, rescue breathing, back blows, abdominal thrusts, controlling bleeding scenarios etc.)*

If you are having technical issues, contact the Red Cross Training Support Center:

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Email: support@redcrosstraining.org

For any other questions, please email training@expertcare.com or call the office at (248) 643-8900 and ask to speak to a Trainer.