



2024 AHA-ARC Guidelines for First Aid

Instructor Frequently Asked Questions (FAQs)

Q: How do I teach the new recommendations in the 2024 AHA-ARC Guidelines for First Aid?

A: AHA Heartsaver Instructors may need to be prepared to explain the new recommendations. To help Instructors understand the new recommendations and how to explain the information to students, the AHA developed a document titled, "2024 Guidelines for First Aid: Implications for Training Heartsaver® Students," which can be found on the [Training Updates webpage](#) in Atlas.

This document discusses the new and updated recommendations and lists the section and lesson of the Heartsaver Instructor manual where the Instructor may need to explain the new information.

Please note: No modifications to the Heartsaver course or course materials are required at this time.

Q: Are there any interim training materials that incorporate the new recommendations that are discussed in the 2024 AHA-ARC Guidelines for First Aid?

A: No, there are no interim training materials. This latest scientific guidance will be included in Fall 2025 in the required Instructor Update courses and Interim Training Materials as well as incorporated into the new products as relevant with the release of the *2025 American Heart Association Guidelines for CPR and Emergency Cardiovascular Care*.

As discussed in the first question and answer above, AHA Heartsaver Instructors may need to be prepared to explain the new recommendations. The "2024 Guidelines for First Aid: Implications for Training Heartsaver® Students" will help Instructors prepare to explain the new recommendations.

Both the [2024 Guidelines for First Aid eBook](#) and the [print version of the 2024 Guidelines for First Aid](#) are available for purchase on ShopCPR.Heart.org. The suggested retail price for the eBook is \$20 and the suggested retail price for the print version is \$20.

Q: Do I need to teach the new recommendations to students who take the Heartsaver® CPR AED Blended Learning Course?

A: The AHA did not make any modifications to the Heartsaver courses. The new recommendations in the 2024 AHA-ARC Guidelines for First Aid are not included in the eLearning portion of the Heartsaver CPR AED Blended Learning Course. Therefore, you do not need to teach the new recommendations during the hands-on skills session nor do you need to re-teach any content that reflects the new recommendations.

Q: What impact will the 2024 AHA-ARC Guidelines for First Aid have on courses?

A: There will not be an impact to Heartsaver courses at this time. This latest scientific guidance will be included next fall in the required Instructor Update courses and Interim Training Materials as well as incorporated into the new products as relevant with the release of the *2025 American Heart Association Guidelines for CPR and Emergency Cardiovascular Care*.

Q: What are the Top 10 Take Home Messages for the 2024 AHA-ARC Guidelines for First Aid?

A: Below are the top 10 take home messages for the First Aid Guidelines.

1. General care and safety: The first aid provider should provide care within their skill and knowledge set, seeking further medical care as needed, and be mindful of their own safety.
2. First aid for bleeding: When faced with life-threatening bleeding, the first aid provider should apply direct pressure followed by application of a tourniquet or wound packing if the location of the wound is amenable.
3. First aid for chest pain: In adults with acute chest pain, it is recommended that emergency medical services be activated to initiate transport to the closest emergency department. While awaiting the arrival of emergency medical services, first aid providers may encourage alert adults experiencing nontraumatic chest pain to chew and swallow aspirin (162–325 mg) unless the person experiencing pain has a known aspirin allergy or has been advised by a health care professional not to take aspirin.
4. First aid for stroke: The use of a stroke recognition scale such as Face, Arms, Speech, Time is recommended to aid in the recognition of acute stroke in adults and may also be used as an adjunct in pediatrics, although it is not validated in that setting and should not solely be used to identify the broad presentation of stroke in children.
5. First aid for opioid overdose: A first aid provider who encounters a person with suspected opioid overdose who is unresponsive and not breathing normally

should activate the emergency response system, provide high-quality cardiopulmonary resuscitation (compressions plus ventilation), and administer naloxone.

6. Assistance with administration of prescribed medications: The first aid provider should help a person self-administer prescribed lifesaving medications as needed such as inhaled bronchodilators for asthma and intramuscular epinephrine for anaphylaxis.
7. First aid for open chest wounds: In the first aid setting, it is reasonable to leave an open chest wound exposed to ambient air; to place a clean, nonocclusive, dry dressing such as gauze or a clean piece of cloth; or to place a specialized dressing such as a vented chest seal.
8. First aid for tick bites: First aid providers should remove an attached tick as soon as possible by grasping the head of the tick as close to the skin as possible with tweezers or a commercial tick removal device and pulling upward with steady, even pressure.
9. First aid for seizure: First aid providers should activate emergency medical services for first-time seizures; seizures lasting >5 minutes; multiple seizures without return to normal; seizures in water; seizures with injuries, breathing difficulty, or choking; seizures in infants
10. Oxygen and pulse oximetry use in first aid: It is reasonable for first aid providers to use pulse oximetry results as part of a complete assessment of an ill or injured person and in consideration of the many limitations of pulse oximeters. First aid providers should be aware of the potential harms of administration of supplemental oxygen in individuals with known chronic obstructive pulmonary disease and should not provide oxygen over an oxygen saturation of 92%.

Q: Where can I find the 2024 AHA-ARC Guidelines for First Aid?

A: The guidelines are available at <https://www.heart.org/firstaidguidelines>.

Q: Where can I access the 2024 AHA-ARC Guidelines for First Aid Highlights?

A: Key highlights can be viewed on the [Guideline and Focused Update Highlights](#) webpage.

Q: I was not able to attend the live 2024 AHA-ARC Guidelines for First Aid webinar. Where can I find the recording?

A: The recording is available on the [2024 Virtual Events: Focused Update for Drowning & Guidelines for First Aid webpage](#).

Q: When did the 2024 American Heart Association and the American Red Cross First Aid Guidelines launch?

A: The American Heart Association published the official 2024 American Heart Association and American Red Cross Guidelines for First Aid on November 14, 2024.

Q: Are there any new products that launched that reflect the new science in the 2024 AHA-ARC Guidelines for First Aid?

A: Yes, there are two new kits that launched that reflect the new science: the CPR in Schools® with First Aid Training Kit and the CPR & First Aid in Youth Sports™ Training kit. Both kits contain updated First Aid Guidelines and are available for purchase on [ShopCPR](#).

The [CPR in Schools With First Aid Training Kit](#), fully available in English and Spanish, teaches students the lifesaving skill of CPR and AED use in just one class period. The kit now includes bonus first aid topics and an interactive web-based application to provide interactive, quality-based training. The kit is designed to be facilitated by anyone – no CPR experience required – and can be reused over and over to train hundreds of learners.

The easy-to-use [CPR & First Aid in Youth Sports Training Kit](#) is designed for all who engage in or with youth sports to ensure they know the lifesaving skills of CPR, how to use an AED, and how to help in sports-related emergencies. The course is fully translated in English and Spanish.

The course is designed to be facilitated by anyone – no CPR experience required. CPR and first aid skills are taught using the AHA's research-proven practice-while-watching technique. The portable kit contains everything needed to train 10 to 20 people at once and to be reused over and over.

Additionally, both the [2024 Guidelines for First Aid eBook](#) and the [print version of the 2024 Guidelines for First Aid](#) are available for purchase on ShopCPR.Heart.org. The suggested retail price for the eBook is \$20 and the suggested retail price for the print version is \$20.