

Basic Life Support (BLS) Course

Aim: To train participants to save the lives of victims in cardiac arrest through high-quality CPR.

Course Objectives: At the end of the course, participants should be able to:

- Describe the importance of high-quality CPR and its impact on survival
- Describe all of the steps of the Chains of Survival and apply the BLS concepts of the Chains of Survival
- Recognize the signs of someone needing CPR
- Perform high-quality CPR for adults, children, and infants
- Describe the importance of early use of an AED and demonstrate its use
- Provide effective ventilation by using a barrier device
- Describe the importance of teams in multi-rescuer resuscitation and perform as an effective
- team member during multi-rescuer CPR
- Describe the technique for relief of foreign-body airway obstruction (choking) for an adult, a child, and an infant

Agenda for BLS Course

DAY 1	
8:30	Lesson 1: Course Introduction
8:35	Lesson 2: 1-Rescuer Adult BLS <i>Part 1: Adult Chains of Survival</i> <i>Part 2: Scene Safety, Assessment, and Adult Compressions</i> <i>Part 3: Pocket Mask</i> <i>Part 4: 1-Rescuer Adult BLS</i>
9:05	Lesson 3: AED and Bag-Mask Device <i>Part 1: AED</i> <i>Part 2: Bag-Mask Device</i>
9:25	Lesson 4: 2-Rescuer Adult BLS
9:34	Lesson 5: Special Considerations <i>Part 1: Mouth-to-Mouth Breaths</i> <i>Part 2: Rescue Breathing</i> <i>Part 3: Breaths With an Advanced Airway</i> <i>Part 4: Opioid-Associated Life-Threatening Emergency</i> <i>Part 5: Maternal Cardiac Arrest</i>
9:44	Lesson 6: High-Performance Teams

Part 1: Team Dynamics
Part 2: High-Performance Teams
Part 3: High-Performance Teams Activity

10:10 **Lesson 6A: Local Protocols Discussion**

10:30 **Break**

10:45 **Lesson 7: Child BLS**

Part 1: Pediatric Chains of Survival
Part 2: Child BLS
Part 3: 2-Rescuer Child CPR

10:55 **Lesson 8: Infant BLS**

Part 1: Infant BLS
Part 2: Infant Compressions
Part 3: Bag-Mask Device for Infants
Part 4: 2-Rescuer Infant CPR
Part 5: AED for Infants and Children Less Than 8 Years of Age

11:15 **Lesson 9: Relief of Choking**

Part 1: Adult and Child Choking
Part 2: Infant Choking

11:22 **Lesson 10: Conclusion**

11:27 **Lesson 11: Skills Test**

Part 1: Adult CPR and AED Skills Test
Part 2: Infant CPR Skills Test

12:07 **Lesson 12: Exam**

12:35 **Lesson 13: Remediation**

Part 1: Skills Testing Remediation
Part 2: Exam Remediation

1:00 **Class Ends**