

BLS & HS CPR Course Agenda With Optional Lessons Included

12 Students, 2 BLS Instructors

Student-instructor ratio 6:1; student-manikin ratio 3:1

Total time: CPR/AED 3 hours, BLS 4½ hours

9:00-9:05	Lesson 1: Course Introduction
9:05-9:13	Lesson 1A: Life Is Why Activity (Optional)
9:13-9:48	Lesson 2: 1-Rescuer Adult CPR/BLS Part I: Adult Chain of Survival Part II: Scene Safety and Assessment Part III: Adult Compressions Part IV: Pocket Mask Part V: 1-Rescuer Adult BLS
9:48-10:15	Lesson 3: AED and Bag-Mask Device Part I: AED Part II: Bag-Mask Device ¹
10:15-10:27	Lesson 4: 2-Rescuer Adult CPR/BLS
10:27-10:40	Lesson 5: Team Dynamics Part I: Team Dynamics Part II: Successful Resuscitation Teams
10:40-10:55	Lesson 6: High-Performance Teams Activity
10:55-11:15	Lesson 6A: Local Protocols Discussion (Optional) ¹
11:15-11:25	Break
11:25-11:40	Lesson 7: Child CPR/BLS Part I: Pediatric Chain of Survival Part II: Child BLS Part III: 2-Rescuer Child CPR
11:40-11:55	Lesson 9: Infant CPR/BLS Part I: Infant BLS Part II: Infant Compressions Part III: Bag-Mask Device for Infants ¹ Part IV: 2-Rescuer Infant CPR/BLS Part V: AED for Infants and Children Less Than 8 Years of Age
11:55-12:03	Lesson 9: Special Considerations Part I: Mouth-to-Mouth Breaths Part II: Rescue Breathing Part III: Breaths With an Advanced Airway ¹ Part IV: Opioid-Associated Life-Threatening Emergency ¹
12:03-12:05	Lesson 10: Adult and Child Choking Part I: Relief of Choking in a Responsive Adult or Child Part II: Relief of Choking in an Unresponsive Adult or Child
12:05-12:09	Lesson 11: Infant Choking Part I: Relief of Choking in a Responsive Infant Part II: Relief of Choking in an Unresponsive Infant
12:09-12:14	Lesson 12: Conclusion
12:14-12:39	Lesson 13: Exam ¹
12:39-12:59	Lesson 14: Adult CPR and AED Skills Test
1:00-1:20	Lesson 15: Infant CPR Skills Test
1:20-1:35	Lesson 16: Remediation Part I: Skills Testing Remediation Part II: Exam Remediation

¹ Lesson for Basic Life Support for Healthcare Provider ONLY