**Sample BLS Course Agenda With Optional Lessons**

12 students, 2 BLS Instructors; student-instructor ratio 6:1; student-manikin ratio 3:1; total time: approximately 4 hours and 15 minutes (with breaks)

|  |  |
| --- | --- |
| Time | Lesson |
| 8:00-8:05 | **Lesson 1: Course Introduction** |
| 8:05-8:35 | **Lesson 2: 1-Rescuer Adult BLS**Part 1: Adult Chains of SurvivalPart 2: Scene Safety, Assessment, and Adult Compressions Part 3: Pocket MaskPart 4: 1-Rescuer Adult BLS |
| 8:35-8:55 | **Lesson 3: AED and Bag-Mask Device**Part 1: AEDPart 2: Bag-Mask Device |
| 8:55-9:04 | **Lesson 4: 2-Rescuer Adult BLS** |
| 9:04-9:14 | **Lesson 5: Special Considerations** Part 1: Mouth-to-Mouth Breaths Part 2: Rescue BreathingPart 3: Breaths With an Advanced AirwayPart 4: Opioid-Associated Life-Threatening Emergency Part 5: Maternal Cardiac Arrest |
| 9:14-9:40 | **Lesson 6: High-Performance Teams**Part 1: Team DynamicsPart 2: High-Performance TeamsPart 3: High-Performance Teams Activity (Optional) |
| 9:40-10:00 | **Lesson 6A: Local Protocols Discussion (Optional)** |
| 10:00-10:10 | Break |
| 10:10-10:20 | **Lesson 7: Child BLS**Part 1: Pediatric Chains of Survival Part 2: Child BLSPart 3: 2-Rescuer Child CPR |
| 10:20-10:40 | **Lesson 8: Infant BLS**Part 1: Infant BLSPart 2: Infant CompressionsPart 3: Bag-Mask Device for Infants Part 4: 2-Rescuer Infant CPRPart 5: AED for Infants and Children Less Than 8 Years of Age |
| 10:40-10:47 | **Lesson 9: Relief of Choking** Part 1: Adult and Child Choking Part 2: Infant Choking |
| 10:47-10:52 | **Lesson 10: Conclusion** |
| 10:52-11:32 | **Lesson 11: Skills Test**Part 1: Adult CPR and AED Skills Test Part 2: Infant CPR Skills Test |
| 11:32-11:57 | **Lesson 12: Exam** |
| 11:57-12:12 | **Lesson 13: Remediation**Part 1: Skills Testing Remediation Part 2: Exam Remediation |

The American Heart Association strongly promotes knowledge and proficiency in BLS, ACLS, and PALS and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the American Heart Association, and any fees charged for such a course do not represent income to the Association.