









Course Outlines and Agendas







BLS Course Outline

Approximate course duration: 3 hours 40 minutes (for all required lessons); student-instructor ratio 6:1; student-manikin ratio 3:1; lesson times below are estimates and can vary from course to course

Lesson	Course event	Lesson plan actions and time estimate (in minutes)
Precourse	Precourse Preparation	
1	Course Introduction	 5
2	1-Rescuer Adult BLS Part 1: Adult Chains of Survival Part 2: Scene Safety, Assessment, and Adult Compressions Part 3: Pocket Mask Part 4: 1-Rescuer Adult BLS	 30
3	AED and Bag-Mask Device Part 1: AED Part 2: Bag-Mask Device	 20
4	2-Rescuer Adult BLS	 9
5	Special Considerations Part 1: Mouth-to-Mouth Breaths Part 2: Rescue Breathing Part 3: Breaths With an Advanced Airway Part 4: Opioid-Associated Life-Threatening Emergency Part 5: Maternal Cardiac Arrest	 10
6	High-Performance Teams Part 1: Team Dynamics Part 2: High-Performance Teams Part 3: High-Performance Teams Activity (Optional)	 26
6A (optional)	Local Protocols Discussion	 20
7	Child BLS Part 1: Pediatric Chains of Survival Part 2: Child BLS Part 3: 2-Rescuer Child CPR	 10

(continued)

Lesson plan actions and time estimate (in minutes)	Course event	Lesson
<p>20</p>	<p>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</p>	8
<p>7</p>	<p>Relief of Choking Part 1: Adult and Child Choking Part 2: Infant Choking</p>	9
<p>5</p>	<p>Conclusion</p>	10
<p>40</p>	<p>Skills Test Part 1: Adult CPR and AED Skills Test Part 2: Infant CPR Skills Test</p>	11
<p>25</p>	<p>Exam</p>	12
<p>15</p>	<p>Remediation Part 1: Skills Testing Remediation Part 2: Exam Remediation</p>	13
	<p>Immediately After the Course</p>	<p>Postcourse</p>

Lesson	Course event	Lesson plan actions and time estimate (in minutes)
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	 <p>20</p>
9	Relief of Choking Part 1: Adult and Child Choking Part 2: Infant Choking	 <p>7</p>
10	Conclusion	 <p>5</p>
11	Skills Test Part 1: Adult CPR and AED Skills Test Part 2: Infant CPR Skills Test	 <p>40</p>
12	Exam	 <p>25</p>
13	Remediation Part 1: Skills Testing Remediation Part 2: Exam Remediation	 <p>15</p>
Postcourse	Immediately After the Course	