

Sample BLS Course Agenda With Optional Lessons Included

12 Students, 2 BLS Instructors
Student-instructor ratio 6:1; student-manikin ratio 3:1
Total time: 4½ hours

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

11:14-11:39	Lesson 13: Exam
11:39-11:59	Lesson 14: Adult CPR and AED Skills Test
12:00-12:20	Lesson 15: Infant CPR Skills Test
12:20-12:35	Lesson 16: Remediation Part I: Skills Testing Remediation Part II: Exam Remediation