

BLS Course Agenda

**6 students, 2 BLS Instructors; student-to-instructor ratio 3:1; student-to-manikin ratio 1:1;
total time: approximately 4½ hours (with breaks)**

4½ hours (with breaks)

The student-to-instructor ratio and student-to-manikin ratio are suggestions for optimal student learning. For more information about instructor-to-student ratio, please refer to Part 2: Preparing for the Course in the Instructor Manual.

Time	Lesson
8:00-8:05	Lesson 1: Course Introduction
8:05-8:44	Lesson 2: 1-Rescuer Adult BLS Chain of Survival Scene Safety and Assessment Adult Compressions Practice While Watching: Initial Steps of CPR Open Airway and Pocket Mask Practice While Watching: Pocket Mask Practice While Watching: 1-Rescuer Adult BLS
8:44-9:09	Lesson 3: Bag-Mask Device and AED Bag-Mask Device Practice While Watching: Bag-Mask Device AED Students Practice: AED
9:09-9:23	Lesson 4: 2-Rescuer Adult BLS 2-Rescuer Adult BLS Practice While Watching: 2-Rescuer Adult BLS Students Practice: 2-Rescuer BLS With AED
9:23-9:28	Break
9:28-9:57	Lesson 5: High-Performance Teams Team Dynamics High-Performance Teams High-Performance Teams Activity Students Practice: Team Activity (A minimum of 3 students is highly recommended to support team dynamics course objectives.)
9:57-10:12	Lesson 6: Special Considerations Mouth-to-Mouth Breaths Breaths and Ventilations Practice While Watching: Breaths and Ventilations Breaths With an Advanced Airway Opioid-Associated Emergency Maternal Cardiac Arrest Drowning
10:12-10:17	Break
10:17-10:31	Lesson 7: Child BLS Child BLS 2-Rescuer Child BLS Practice While Watching: 2-Rescuer Child BLS

Time	Lesson
10:31-10:56	Lesson 8: Infant BLS Infant BLS Infant Compressions Practice While Watching: Infant Compressions Bag-Mask Device for Infants Practice While Watching: Bag-Mask Device for Infants 2-Rescuer Infant BLS Practice While Watching: 2-Rescuer Infant BLS Students Practice: Infant High-Performance Teams Activity (Optional) Infant High-Performance Teams Activity (Optional)
10:56 -11:04	Lesson 9: Local Protocols Discussion (Optional)
11:04-11:13	Lesson 10: Relief of Choking Adult and Child Choking Infant Choking Practice While Watching: Infant Choking
11:13-11:16	Lesson 11: Conclusion
11:16-11:56	Lesson 12: Skills Test Adult CPR and AED Skills Test Infant CPR Skills Test
11:56-12:21	Lesson 13: Exam
12:21-12:31	Lesson 14: Remediation Skills Testing Remediation Exam Remediation