



AMERICAN SAFETY & HEALTH INSTITUTE



BASIC LIFE SUPPORT (BLS)

The purpose of the HSI BLS training program is for participants to gain or improve knowledge and skill proficiency in high quality CPR skills and teamwork for the adult, child, and infant.

- ✓ HSI BLS has been approved by the HSI Medical Advisory Board and reviewed by the HSI Advisory Council.
- ✓ Reflects the latest resuscitation science and treatment recommendations published by the International Liaison Committee on Resuscitation (ILCOR).
- ✓ Conforms with the 2020 American Heart Association (AHA) Guidelines Update for CPR and ECC and the annual Guidelines Update.
- ✓ Continuing Education Hours Available: Emergency Medical Services (CAPCE) and Dental Professionals (AGD/PACE).

Intended audience

- Healthcare providers (in and out of hospital)
- Public safety professionals in a variety of occupational settings
- Individuals enrolled in healthcare and public safety career training programs

Delivery options

- Traditional Classroom
- Blended Learning
- Remote Skill Verification (RSV)

Ratios

- Student-to-Instructor Ratio: Recommended 6:1, Maximum 10:1
- Student-to-Manikin Ratio: Recommended 1:1, Maximum 3:1

Instructional elements

- HSI BLS Skill Guide (one per participant)
- HSI BLS Instructor Guide (one per instructor, print or digital)
- HSI BLS digital class presentation (program video, or computer/online blended class)
- Digital student book (available upon completion)

Online portal

- Streaming/Offline video presentation player
- Create custom playlists
- Pre-built digital Performance Evaluations
- Track past, present and future classes

Certification period

- 2 years from month of issue

Student certification requirements

- Successful completion of the 21-question BLS written exam
- Demonstrate skill competency as indicated by the skill criteria on the "Adult BLS" and "Infant BLS" Performance Evaluation Sheets

Recommended time to complete

- Initial Instructor-Led Class: About 5 hours
- Renewal Instructor-Led Class: About 2 hours
- Blended, Online Component: About 2 ¾ hours
- Blended, Face-to-Face component: About 2 ¼ hours





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Class topics

- Introduction to BLS
- Sudden Cardiac Arrest
- Adult BLS Procedure/Assessment
- Adult Compressions
- Adult Airway
- Adult Breathing
- Adult Automated External Defibrillation
- Adult CPR: One BLS Provider
- Adult CPR: Multiple BLS Providers
- Additional Adult BLS Considerations
- Suspected Opioid-Associated Emergency
- Adult CPR: Teamwork in High-Performance Resuscitation (Optional Skill Practice)
- Pediatric Chains of Survival
- Child BLS Procedure/Assessment
- Child Compressions
- Child Airway and Breathing
- Child Automated External Defibrillation
- Child CPR: One BLS Provider
- Child CPR: Multiple BLS Providers
- Infant BLS Procedure/Assessment
- Infant Compressions
- Infant Airway and Breathing
- Infant Automated External Defibrillation
- Infant CPR: One BLS Provider
- Infant CPR: Multiple BLS Providers
- Infant CPR: Teamwork in High-Performance Resuscitation (Optional)
- Relief of Choking