



## 2025 Interim Training Materials: BLS Lesson Plan Changes

### Purpose

These instructions will help you as a Basic Life Support (BLS) Instructor to update the *2020 BLS Instructor Manual* lesson plans with science from the *2025 American Heart Association Guidelines for Cardiopulmonary Resuscitation (CPR) and Emergency Cardiovascular Care* (2025 Guidelines).

Use the interim materials to teach **all BLS courses** from October 22, 2025, until you begin teaching the new 2025 BLS Course with the new materials. You must complete the online 2025 BLS Instructor Update Course by 11:59 p.m. February 28, 2026 and begin using the 2025 BLS Course materials by March 1, 2026. Instructors should print the “2025 Interim Training Materials: *BLS Provider Manual* Changes” document and provide copies to students when teaching the new 2025 Guidelines courses while using 2020 Guidelines provider materials through February 28, 2026.

### Instructor Preparation

As a BLS Instructor, you should be prepared to answer students’ questions about the 2025 Guidelines. Therefore, you should review these interim training materials, the 2025 Guidelines, and the *Highlights of the 2025 American Heart Association Guidelines for CPR and Emergency Cardiovascular Care* before teaching your BLS courses.

Your Training Center Coordinator can obtain updated exams for your 2025 Guidelines courses through [ShopCPR.Heart.org](https://shopcpr.heart.org) or [Atlas.Heart.org](https://atlas.heart.org).

### Instructor Manual Lesson Plan Changes

To teach any 2025 BLS course, modify the lesson plans from the *2020 BLS Instructor Manual* with the changes listed in this document.

Only those lessons affected by the 2025 Guidelines science changes are listed here. Lessons not listed here should be taught as presented in the *2020 BLS Instructor Manual*.

Throughout any course, emphasize the components of high-quality CPR.

#### 1. Adult and Pediatric Chains of Survival

##### 2025 Changes

- A single Chain of Survival is intended to be applicable to adult and pediatric in- and out-of-hospital cardiac arrest. In creating this singular chain, it is acknowledged that, before cardiac arrest, prevention and preparedness can both avoid and optimize resuscitation.
  - The systems of care guidelines follow the unified cardiac arrest Chain of Survival, beginning with prevention and preparedness to resuscitate, proceeding with early identification of cardiac arrest, and then progressing to effective resuscitation through to post–cardiac arrest care, recovery, and survivorship. The unified cardiac arrest Chain of Survival includes the following links:
    - Recognition and Emergency Activation
    - High-Quality CPR
    - Defibrillation
    - Advanced Resuscitation



- Post–Cardiac Arrest Care
- Recovery and Survivorship

### *Apply Here*

- **Part 5: BLS Lesson Plans**
  - **Lesson 2:** 1-Rescuer Adult BLS (Part 1: Adult Chains of Survival)
  - **Lesson 7:** Child BLS (Part 1: Pediatric Chains of Survival)
- **Part 5A: BLS Renewal Lessons Plans**
  - **Lesson 2:** Adult BLS (Part 1: Adult Chains of Survival)
  - **Lesson 5:** Child BLS (Part 1: Pediatric Chains of Survival)

## **2. Ventilations/Breaths**

### *2025 Change*

- When ventilating an adult in cardiac arrest, it is reasonable to give enough tidal volume to produce visible chest rise. Rescuers should avoid hypoventilation (too few breaths or too little volume) or hyperventilation (too many breaths or too large a volume).

### *Apply Here*

- **Part 5: BLS Lesson Plans**
  - **Lesson 2:** 1-Rescuer Adult BLS (Practice While Watching: Pocket Mask; Practice While Watching: 1-Rescuer Adult BLS)
  - **Lesson 3:** AED and Bag-Mask Device (Practice While Watching: Bag-Mask Device)
  - **Lesson 4:** 2-Rescuer Adult BLS (Practice While Watching: 2-Rescuer Adult BLS)
  - **Lesson 5:** Special Considerations (Practice While Watching: Rescue Breathing [Adults])
  - **Lesson 11:** Skills Test
- **Part 5A: BLS Renewal Lesson Plans**
  - **Lesson 2:** Adult BLS (Practice While Watching: 1-Rescuer Adult BLS; Practice While Watching: Bag-Mask Device)
  - **Lesson 3:** Special Considerations (Practice While Watching: Rescue Breathing [Adults])
  - **Lesson 9:** Skills Test
- **Part 6: HeartCode BLS Lesson Plans**
  - **Lesson 2:** Adult BLS (Practice While Watching: Pocket Mask; Practice While Watching: 1-Rescuer Adult BLS; Practice While Watching: Bag-Mask Device; Practice While Watching: 2-Rescuer Adult BLS)
  - **Lesson 4:** Special Considerations: Rescue Breathing (Practice While Watching: Rescue Breathing [Adults])
  - **Lesson 10:** Skills Test

## **3. Defibrillation Pads**

### *2025 Changes*

- When placing pads for defibrillation for an adult in cardiac arrest, it might be reasonable to adjust the position of a bra instead of removing it.
  - Women experience significantly lower rates of public-access defibrillation compared with men. The need to apply pads or paddles directly to the bare chest may be a contributing factor. The option to adjust rather than remove a bra could mitigate factors like a rescuer's discomfort with exposing a woman's chest.



- When applying defibrillation pads to the person's bare chest, place one pad vertically on the person's right upper chest. The top of the pad should be just under the clavicle (collarbone). Place the second pad horizontally on the left lateral ribs. The middle of the pad should be below the axilla (armpit) at the midaxillary line.

#### *Apply Here*

- **Part 5: BLS Lesson Plans**
  - **Lesson 3:** AED and Bag-Mask Device (AED Review; Students Practice: AED)
  - **Lesson 4:** 2-Rescuer Adult BLS (Students Practice [Optional]: 2-Rescuer Adult BLS With AED)
- **Part 5A: BLS Renewal Lesson Plans**
  - **Lesson 2:** Adult BLS (AED Review; Students Practice: AED)
- **Part 6: HeartCode BLS Lesson Plans**
  - **Lesson 3:** AED for Adults, Children, and Infants (Discussion: AED Review; Students Practice: AED; Students Practice [Optional]: 2-Rescuer Adult BLS With AED)

## **4. Toxicology: Opioid Overdose**

### *2025 Change*

- For lay and trained rescuers, opioid antagonist administration may be reasonable for adults and children in cardiac arrest with suspected opioid overdose, provided that opioid antagonist (eg, naloxone) administration does not interfere with the delivery of standard resuscitation, including high-quality CPR with breaths.

#### *Apply Here*

- **Part 5: BLS Lesson Plans**
  - **Lesson 5:** Special Considerations (Play Video [opioid-associated life-threatening emergencies])
- **Part 5A: BLS Renewal Lesson Plans**
  - **Lesson 3:** Special Considerations (Play Video [opioid-associated life-threatening emergencies])

## **5. Foreign-Body Airway Obstruction**

### *2025 Changes*

- For adults with severe foreign-body airway obstruction, repeated cycles of 5 back blows (slaps) followed by 5 abdominal thrusts should be performed until the object is expelled or the person becomes unresponsive.
- For children with severe foreign-body airway obstruction, repeated cycles of 5 back blows alternated with 5 abdominal thrusts should be performed until the object is expelled or the child becomes unresponsive. Rescuers should activate the emergency response system.
  - For adults and children, perform 5 back blows by using the heel of your hand to forcefully strike the person's back in between their shoulder blades. If back blows do not relieve choking, perform 5 abdominal thrusts. Make a fist with one hand, grab it with your other hand, and press your fist into the person's abdomen with a quick, forceful upward thrust. Give each new thrust with a separate, distinct movement. Continue alternating 5 back blows followed by 5 abdominal thrusts until the object is dislodged or the person becomes unresponsive.
- For infants with severe foreign-body airway obstruction, repeated cycles of 5 back blows alternating with 5 chest thrusts should be performed until the object is expelled or the infant becomes unresponsive. Rescuers should activate the emergency response system.
  - To perform chest thrusts for infants, hold the infant faceup, with your forearm resting on your thigh. Keep the infant's head lower than their trunk. Provide 5 quick downward chest thrusts with the heel of one hand in the



middle of the chest, over the lower half of the sternum. Deliver chest thrusts at a rate of about 1 per second, each with enough force to dislodge the object. Repeat the sequence of up to 5 back blows and up to 5 chest thrusts until your actions have removed the object or the infant becomes unresponsive.

### *Apply Here*

- **Part 5: BLS Lesson Plans**
  - **Lesson 9:** Relief of Choking (Discussion; Video Pauses and Practice While Watching: Relief of Choking in a Responsive Infant)
- **Part 5A: BLS Renewal Lesson Plans**
  - **Lesson 7:** Relief of Choking (Video Pauses and Practice While Watching: Relief of Choking in a Responsive Infant)
- **Part 6: HeartCode BLS Lesson Plans**
  - **Lesson 8:** Relief of Choking (Discussion; Practice While Watching: Relief of Choking in a Responsive Infant)

## **6. Components of High-Quality CPR**

### *2025 Change*

- For infants and children in cardiac arrest, interruptions in CPR should be minimized and pauses in chest compressions should be less than 10 seconds.

### *Apply Here*

- **Part 5: BLS Lesson Plans**
  - **Lesson 7:** Child BLS (Practice While Watching: 2-Rescuer Child CPR)
  - **Lesson 8:** Infant BLS (Practice While Watching: 2-Rescuer Infant CPR)
  - **Lesson 11:** Skills Test
- **Part 5A: BLS Renewal Lesson Plans**
  - **Lesson 5:** Child BLS (Practice While Watching: 2-Rescuer Child CPR)
  - **Lesson 6:** Infant BLS (Practice While Watching: 2-Rescuer Infant CPR)
  - **Lesson 9:** Skills Test
- **Part 6: HeartCode BLS Lesson Plans**
  - **Lesson 6:** 2-Rescuer Child CPR (Practice While Watching: 2-Rescuer Child CPR)
  - **Lesson 7:** Infant BLS (Practice While Watching: 2-Rescuer Infant CPR)
  - **Lesson 10:** Skills Test

## **7. Infant Compressions**

### *2025 Changes*

- For infants, rescuers should compress the sternum with the heel of one hand or using the 2 thumb–encircling hands technique. If the rescuer cannot physically encircle the chest, it is recommended to compress the chest with the heel of one hand.
  - The 2-finger technique for infant CPR is no longer recommended.

### *Apply Here*

- **Part 5: BLS Lesson Plans**
  - **Lesson 8:** Infant BLS (Play Video and Practice While Watching: Infant Compressions; Play Video and Practice While Watching: 2-Rescuer Infant CPR)
  - **Lesson 11:** Skills Test



- **Part 5A: BLS Renewal Lesson Plans**
  - **Lesson 6:** Infant BLS (Play Video and Practice While Watching: Infant Compressions; Play Video and Practice While Watching: 2-Rescuer Infant CPR)
  - **Lesson 9:** Skills Test
- **Part 6: HeartCode BLS Lesson Plans**
  - **Lesson 7:** Infant BLS (Play Video and Practice While Watching: Infant Compressions; Play Video and Practice While Watching: 2-Rescuer Infant CPR)