



# Basic Life Support

## Instructions for New (First-Time) Instructor Candidates

These instructions are for instructor candidates who have never received Basic Life Support Instructor certification through American Red Cross or another equivalent training provider, or for instructor candidates with an expired Basic Life Support Instructor certification. To become an American Red Cross Basic Life Support Instructor, you will need to successfully complete the Basic Life Support Instructor Course, a blended learning course, following these steps:

- Step 1: Meet the course prerequisites and register for the Instructor course.
- Step 2: Complete the Instructor course online session and review the digital course materials.  
**Note:** Digital course materials are provided with the online course in the Red Cross Learning Center under the Materials tab and under Instructor Candidate Resources. You can also purchase the print versions of the course materials by linking to the [Red Cross Store](#) from the Learning Center.
- Step 3: Successfully complete the in-person portion of the course.

The Basic Life Support Instructor Course is taught by American Red Cross-certified Instructor Trainers. Upon successful completion of the course, candidates will receive an American Red Cross Basic Life Support Instructor certification, valid for 2 years.

### Step 1: Meet the Course Prerequisites and Register for the Instructor Course

American Red Cross Basic Life Support instructor candidates must possess a current basic-level certification in Basic Life Support or equivalent from the table below:

Organization	Certification
American Red Cross	<ul style="list-style-type: none"> <li>• Basic Life Support</li> </ul>

	<ul style="list-style-type: none"> <li>• CPR/AED for Professional Rescuers</li> <li>• Emergency Medical Response</li> <li>• First Aid/CPR/AED</li> <li>• Lifeguarding</li> <li>• Nurse Assistant Training</li> </ul>
<b>American Heart Association</b>	<ul style="list-style-type: none"> <li>• BLS for Healthcare Providers</li> <li>• ACLS for Healthcare Providers</li> <li>• PALS for Healthcare Providers</li> </ul>
<b>Health and Safety Institute (HSI) – includes American Safety &amp; Health Institute (ASHI), Medic First Aid, and EMS Safety Services</b>	<ul style="list-style-type: none"> <li>• CPR Pro for the Professional Rescuer</li> <li>• Basic Life Support</li> </ul>
<b>National Safety Council</b>	<ul style="list-style-type: none"> <li>• Basic Life Support for Health Care &amp; Professional Rescuers</li> </ul>
<b>Canadian Red Cross</b>	<ul style="list-style-type: none"> <li>• Healthcare Provider (HCP) CPR &amp; AED</li> </ul>
<b>Canadian Heart &amp; Stroke Foundation</b>	<ul style="list-style-type: none"> <li>• Basic Life Support (BLS)</li> </ul>
<b>National Registry of Emergency Medical Technicians, Active State Licensure or Certification</b>	<ul style="list-style-type: none"> <li>• Paramedic</li> <li>• Advanced Emergency Medical Technician</li> <li>• Emergency Medical Technician</li> <li>• Emergency Medical Responder</li> </ul>

**\*\*Note:** American Red Cross First Aid/CPR/AED Instructors must also hold a current American Red Cross basic level certification in CPR/AED for Professional Rescuers, Basic Life Support, or Lifeguarding/First Aid/CPR/AED.

Search for and register for a course on [Redcross.org](http://Redcross.org) or register through a Red Cross provider.

## Step 2: Complete the Instructor Course Online Session and Review the Digital Course Materials

Basic Life Support Instructor Candidates should obtain and review the following course materials prior to attending the Basic Life Support Instructor Course:

- *American Red Cross Basic Life Support Instructor’s Manual for Instructor-Led Training*
- *American Red Cross Basic Life Support Instructor’s Manual for Blended Learning*
- *American Red Cross Basic Life Support Participant’s Manual*
- American Red Cross Basic Life Support Course videos, available on the Course Presentation, [DVD](#) or video segments on the Red Cross Learning Center

Digital materials are available on the Instructor Candidate Resources page of the Red Cross Learning

Center ([redcrosslearningcenter.org](http://redcrosslearningcenter.org)). Print materials and DVDs are available for purchase by linking over from the Learning Center or at [redcross.org/store](http://redcross.org/store).

The Basic Life Support Instructor Course online session is to be completed before the Basic Life Support Instructor Course in-person session. This online session consists of an orientation to the American Red Cross, an orientation to the Basic Life Support program and the Basic Life Support Instructor Course, and content on how to prepare and teach the courses. The online session should take approximately 2 hours to complete.

### **Step 3: Successfully Complete the In-Person Portion of the Course**

During the in-person session, instructor candidates must actively participate in all lesson activities and demonstrate competency in:

- Performing BLS skills.
- Using course materials.
- Conducting skill practices and team response scenarios.
- Evaluating participants' progress.

In order to receive certification as a Basic Life Support Instructor, you must:

- Possess a current American Red Cross Basic Life Support certificate or equivalent. Please bring proof of certification to the in-person session.
- Successfully complete the American Red Cross Basic Life Support Instructor Course online session. Please bring the online session completion record to the in-person session.
- Attend and actively participate in the in-person session.
  - Successfully complete the BLS skills verification during which you will have an opportunity to practice your hands-on skills and demonstrate competency via the team response testing scenarios.
  - Successfully complete class activities, including the required practice teaching assignments. You will be given two practice teaching assignments, which will give you experience in preparing to teach lesson plans, presenting course information, using audiovisual equipment, conducting skill practice and team response scenarios, evaluating performance, and participating in debriefing sessions.
  - Demonstrate instructor-level skill competency in all skills and scenarios.
  - Pass the written final exam with a minimum grade of 80 percent.

The in-person session of the Basic Life Support Instructor Course is designed to be taught in approximately 5 hours.

Prior to accessing instructor permissions in the Red Cross Learning Center and teaching American Red Cross courses, you must be affiliated with an American Red Cross Training Provider or be employed as a paid or volunteer instructor of the American Red Cross. This requirement is in addition to holding a current Instructor certification. If you are not already affiliated with a Training Provider and do not plan to teach as an American Red Cross paid or volunteer instructor, please ask your organization's administrator to request to affiliate you to the organization's Training Provider agreement.