

BLS Course Agenda
Student-instructor ratio 6:1; student-manikin ratio 2:1 Total time: 4 hours

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| 5 minutes | Lesson 1: Course Introduction |
| 30 minutes | Lesson 2: 1-Rescuer Adult BLS Part 1: Adult Chains of Survival Part 2: Scene Safety, Assessment, and Adult Compressions Part 3: Pocket Mask Part 4: 1-Rescuer Adult BLS |
| 20 minutes | Lesson 3: AED and Bag-Mask Device Part 1: AED Part 2: Bag-Mask Device |
| 9 minutes | Lesson 4: 2-Rescuer Adult BLS |
| 10 minutes | Lesson 5: Special Considerations Part 1: Mouth-to-Mouth Breaths Part 2: Rescue Breathing Part 3: Breaths with an Advanced Airway Part 4: Opioid-Associated Life-Threatening Emergency Part 5: Maternal Cardiac Arrest |
| 15 minutes | Lesson 6: High-Performance Teams Part 1: Team Dynamics Part 2: High-Performance Teams Part 3: High-Performance Teams Activity |
| 10 minutes | Lesson 7: Child BLS Part 1: Pediatric Chains of Survival Part 2: Child BLS Part 3: 2-Rescuer Child CPR |
| 20 minutes | Lesson 8: Infant BLS Part 1: Infant BLS Part 2: Infant Compressions Part 3: Bag-Mask Device for Infants Part 4: 2-Rescuer Infant CPR Part 5: AED for Infants and Children Less Than 8 Years of Age |
| 7 minutes | Lesson 9: Relief of Choking Part 1: Adult and Child Choking Part 2: Infant Choking |
| 5 minutes | Lesson 10: Conclusion |
| 30-45 minutes | Lesson 11: Skills Test Part 1: Adult CPR and AED Skills Test Part 2: Infant CPR Skills Test Part 3: Choking Checklist |
| 30 minutes | Lesson 12: Exam |
| 30 minutes | Lesson 13: Remediation Part 1: Skills Testing Remediation Part 2: Exam Remediation |

***BREAKS AS NEEDED**

BLS eCard: You should receive an email from AHA to claim your ecard and certificate within 5-20 business days. If you do not receive the email with the card within at least 10 business days, do the following in order:

1. check the following website: <https://ecards.heart.org/student/myecards>
2. text the word **ECARD** to 51736
3. send an email to the Training Center Coordinator Vicky LaMay at vicky.lamay@uthet.com

