

Basic Life Support (BLS)



The Basic Life Support (BLS) program is intended to assist healthcare providers, including professional rescuers, in learning or refining BLS skills for patients of all ages. These critical, potentially life-saving skills include performing high-quality cardiopulmonary resuscitation (CPR) and automated external defibrillation (AED) as a single provider and part of a team. BLS also includes knowing how to relieve foreign body airway obstruction.

Course Topics:

- Sudden Cardiac Arrest
- Secondary Cardiac Arrest
- High-Performance CPR
- Protecting Yourself
- Calling for Help
- Chest Compressions
- Rescue Breaths
- Automated External Defibrillation
- BLS Assessment
- Caring for Respiratory Arrest
- Caring for Cardiac Arrest
- Multiple Provider Approach to CPR
- Choking
- Question and Answer Session
- Skills and Knowledge Testing

Course Materials:

- BLS Certification Card
- 2 Year Access Code to Online BLS Manual for each student

Meets Regulation Requirements:

- 37 FR 5504
- 29 CFR 1010.1030

Class Length: 5 Hours

2 Year Certification