

HeartCode® BLS Instructor-Led Session Agenda

**6 students, 2 BLS Instructors; student-to-instructor ratio 2:1; student-to-manikin ratio 1:1;
total time: approximately 2 hours and 45 minutes (with break)**

Time	Lesson
8:00-8:05	Lesson 1: Course Introduction
8:05-8:25	Lesson 2: 1-Rescuer Adult BLS Practice While Watching: Initial Steps of CPR Practice While Watching: Pocket Mask Practice While Watching: 1-Rescuer Adult BLS
8:25-8:35	Lesson 3: Bag-Mask Device and AED Practice While Watching: Bag-Mask Device Student Practice: AED
8:35-8:45	Lesson 4: 2-Rescuer Adult BLS Practice While Watching: 2-Rescuer Adult BLS Students Practice: 2-Rescuer Adult BLS With AED
8:45-9:05	Lesson 5: High-Performance Teams Students Practice: Team Activity
9:05-9:10	Break
9:10-9:15	Lesson 6: Special Considerations Practice While Watching: Breaths and Ventilations
9:15-9:23	Lesson 7: Child BLS Practice While Watching: 2-Rescuer Child BLS
9:23-9:40	Lesson 8: Infant BLS Practice While Watching: Infant Compressions Practice While Watching: Bag-Mask Device for Infants Practice While Watching: 2-Rescuer Infant BLS Students Practice: Infant High-Performance Teams Activity (Optional)
9:40-9:48	Lesson 9: Local Protocols (Optional)
9:48-9:53	Lesson 10: Relief of Choking Practice While Watching: Infant Choking
9:53-9:58	Lesson 11: Conclusion
9:58-10:38	Lesson 12: Skills Test Adult CPR and AED Skills Test Infant CPR Skills Test
10:38-10:48	Lesson 13: Remediation*

*Remediation time will vary depending on need and number of students.