

BLS Course Agenda

**6 students, 2 BLS Instructors; student-to-instructor ratio 3:1; student-to-manikin ratio 1:1;
total time: approximately 4½ hours (with breaks)**

Time	Lesson
13:00-13:05	Lesson 1: Course Introduction
13:05-13:44	Lesson 2: 1-Rescuer Adult BLS Chain of Survival Scene Safety and Assessment Adult Compressions Practice While Watching: Initial Steps of CPR Open Airway and Pocket Mask Practice While Watching: Pocket Mask Practice While Watching: 1-Rescuer Adult BLS
13:44-14:09	Lesson 3: Bag-Mask Device and AED Bag-Mask Device Practice While Watching: Bag-Mask Device AED Students Practice: AED
14:09-14:23	Lesson 4: 2-Rescuer Adult BLS 2-Rescuer Adult BLS Practice While Watching: 2-Rescuer Adult BLS Students Practice: 2-Rescuer BLS With AED
14:23-14:28	Break
14:28-14:57	Lesson 5: High-Performance Teams Team Dynamics High-Performance Teams High-Performance Teams Activity Students Practice: Team Activity
14:57-15:12	Lesson 6: Special Considerations Mouth-to-Mouth Breaths Breaths and Ventilations Practice While Watching: Breaths and Ventilations Breaths With an Advanced Airway Opioid-Associated Emergency Maternal Cardiac Arrest Drowning
15:12-15:17	Break
15:17-15:31	Lesson 7: Child BLS Child BLS 2-Rescuer Child BLS Practice While Watching: 2-Rescuer Child BLS
15:31-15:56	Lesson 8: Infant BLS Infant BLS Infant Compressions Practice While Watching: Infant Compressions Bag-Mask Device for Infants Practice While Watching: Bag-Mask Device for Infants

Time	Lesson
	2-Rescuer Infant BLS Practice While Watching: 2-Rescuer Infant BLS Students Practice: Infant High-Performance Teams Activity (Optional) Infant High-Performance Teams Activity (Optional)
15:56 -16:04	Lesson 9: Local Protocols Discussion (Optional)
16:04-16:13	Lesson 10: Relief of Choking Adult and Child Choking Infant Choking Practice While Watching: Infant Choking
16:13-16:16	Lesson 11: Conclusion
16:16-16:56	Lesson 12: Skills Test Adult CPR and AED Skills Test Infant CPR Skills Test
16:56-17:21	Lesson 13: Exam
17:21-17:31	Lesson 14: Remediation Skills Testing Remediation Exam Remediation