

Sample HeartCode® BLS Agenda Without Optional Lessons Included

12 Students, 2 BLS Instructors
Student-instructor ratio 6:1; student-manikin ratio 3:1
Total time: 2¼ hours

8:00-8:05	Lesson 1: Course Introduction
8:05-8:17	Lesson 2: 1-Rescuer Adult BLS Part I: Adult Chain of Survival Part II: Scene Safety and Assessment Part III: Adult Compressions Part IV: Pocket Mask Part V: 1-Rescuer Adult BLS
8:17-8:27	Lesson 3: AED and Bag-Mask Device Part I: AED Part II: Bag-Mask Device
8:27-8:32	Lesson 4: 2-Rescuer Adult BLS
8:32-8:38	Lesson 5: Team Dynamics Part I: Team Dynamics Part II: Successful Resuscitation Teams
8:38-8:53	Lesson 6: High-Performance Teams Activity
8:53-8:58	Lesson 7: Child BLS Part I: Pediatric Chain of Survival Part II: Child BLS Part III: 2-Rescuer Child CPR
8:58-9:08	Lesson 8: Infant BLS Part I: Infant BLS Part II: Infant Compressions Part III: Bag-Mask Device for Infants Part IV: 2-Rescuer Infant BLS Part V: AED for Infants and Children Less Than 8 Years of Age
9:08-9:18	Break
9:18-9:23	Lesson 9: Special Considerations Part I: Rescue Breathing
9:23-9:25	Lesson 10: Adult and Child Choking Part I: Relief of Choking in a Responsive Adult or Child Part II: Relief of Choking in an Unresponsive Adult or Child
9:25-9:29	Lesson 11: Infant Choking Part I: Relief of Choking in a Responsive Infant Part II: Relief of Choking in an Unresponsive Infant
9:29-9:34	Lesson 12: Conclusion
9:34-9:54	Lesson 13: Adult CPR and AED Skills Test
9:54-10:14	Lesson 14: Infant CPR Skills Test
	Lesson 15: Remediation Part I: Skills Testing Remediation—if needed