

BLS for HCP Course Agenda

Introduction	5 minutes
Course Overview and 2010 AHA Guidelines for CPR and ECC Science Update	12 minutes
BLS/CPR Basics for Adults	1 minute
1-Rescuer CPR w/AED Demo	1 minute
Assessment and Scene Safety	1 minute
Chest Compressions for Adult Victims	8 minutes
Airway and Breathing	6 minutes
Adult Compressions and Breaths Practice	8 minutes
1-Rescuer Adult BLS Practice Session	12 minutes
Breaths with Bag-Mask for Adult Victims	12 minutes
2-Rescuer Adult BLS/Team CPR Sequence	3 minutes
Defibrillation: AED Introduction and Use	3 minutes
AED Special Situations and Safety	2 minutes
Using the AED Trainer	4 minutes
1- and 2-Rescuer Adult BLS w/AED Practice Session	25 minutes
Introduction to Child BLS/CPR	2 minutes
Chest Compressions for Child Victims	5 minutes
Introduction to Infant BLS/CPR	3 minutes
2-Finger Chest Compressions for Infant Victims	7 minutes
Breaths w/Bag-Mask for Infant Victims	4 minutes
2-Rescuer Infant CPR/2 Thumb-Encircling Hands Chest Compressions for Infant Victims	8 minutes

1- and 2-Rescuer Infant BLS/CPR Practice Session	11 minutes
AED for Infants and Children 1 to 8 Years of Age	2 minutes
CPR w/an Advanced Airway	1 minute
Rescue Breathing	4 minutes
Mouth-to-Mouth Breaths for Victims 1 Year of Age or Older	1 minute
Adult/Child Choking (Responsive)	1 minute
Adult/Child Choking (Unresponsive)	1 minute
Infant Choking (Responsive)	6 minutes
Infant Choking (Unresponsive)	1 minute
Course Summary and Closure	1 minute
Written Test	25 minutes
1- and 2-Rescuer Adult BLS w/AED Skills Test	30 minutes
1- and 2-Rescuer Infant BLS/CPR Practice Session	30 minutes
Remediation	Variable

*Please note that times are approximate

*Please note that skills testing placement within the course can be adjusted