



## Basic Life Support (BLS)

Basic Life Support (BLS) is the foundational course for healthcare professionals and trained first responders who provide care to patients in a wide variety of in-facility and prehospital settings. As the gold standard, Heart & Stroke's BLS training courses teach the theoretical and hands-on skills needed to respond to medical emergencies. Infused with Heart & Stroke's 2020 Guidelines for CPR and ECC, the new BLS program offers an engaging and flexible new way of learning. In this course, you will learn the fundamental skills of high-quality cardiopulmonary resuscitation (CPR) for victims of all ages. You will practice delivering these skills as a single rescuer and as a member of a multi-rescuer team. Note that this course is not a Lifesaving Society course and is not required for any lifeguarding courses, this course is designed for healthcare workers.

The BLS provider full course takes 3.5 hours, and the BLS provider recertification course takes 2.5 hours.

## Course Content

The BLS course focuses on building knowledge, so you are confident and ready to perform high-quality CPR in a wide variety of settings. The course covers:

- Chain of Survival
- 1-rescuer / 2-rescuer CPR
- High-quality chest compressions with a feedback device
- Multi-rescuer team CPR
- Adult, Child, and Infant CPR and relief of choking
- Use of an AED
- Effective ventilations using a barrier device and bag-mask device