



Basic Life Support (BLS)

Train to a Higher Standard

When it comes to lifesaving training, compliance is a starting point, not the finish line. Effective training should prepare learners for real-world challenges.

American Red Cross BLS goes beyond the basics, helping build learner confidence through skills development, critical thinking and teamwork. Our programs enable you to train to a higher standard by utilizing modern teaching methods and advanced technology to improve care when every second counts.

Advancing Resuscitation Education for Better Outcomes

Unmatched Science

Our training is built on the latest evidence-based science, guided by the Red Cross Scientific Advisory Council and aligned with the ILCOR CoSTR, Red Cross Healthcare Guidelines, AHA and AAP.

Practice As You Perform™

Experience realistic training that mirrors real-world care by adhering to local protocols under medical direction/oversight and utilizing your equipment.

Cognitive Aids Strengthen Training

The Red Cross provides cognitive aids for training and real-world resuscitation, including the Resuscitation Suite App, free digital resources, the Resuscitation Suite Handbook and pocket guides.

Learner-specific Education Tracks Maximize Impact

Tailored education for in-hospital and EMS learners includes track-specific content and visuals across online modules and team-based scenarios.



American Red Cross
Training Services



Next-level Training Powered by Innovation and Flexibility

Free digital materials

Real-life case-based training

Computer Adaptive Testing (CAT)

Adaptive learning

American Red Cross Healthcare
Guidelines Database

Jointly accredited by ACCME, ACPE
and ANCC

CAPCE-approved and recognized
by NREMT

Meets competency verification, education,
credentialing and privileging requirements

Resuscitation Suite App



The Resuscitation Suite App, powered by Redivus Health, provides real-time protocol guidance, cognitive support and easy documentation for training and high-stakes resuscitation.

It integrates BLS, ALS, PALS and NALS tools including code cards, protocol prompts, heads-up timers and timestamped documentation.

**Search “Resuscitation Suite App” in the App Store
or Google Play.**

Discover how Red Cross BLS programs — along with ALS, PALS and NALS — can transform your resuscitation education and improve outcomes.

Visit redcross.org/resuscitation.



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