



# Basic Life Support for Healthcare Providers Program Fact Sheet

## Purpose

The purpose of the Basic Life Support for Healthcare Providers (BLS) course is to ensure that healthcare and public safety professionals have the knowledge and skills necessary to respond to breathing and cardiac emergencies. The course emphasizes active, hands-on learning and uses scenario activities to help participants learn how to provide CPR, use an AED and relieve an obstructed airway for adult, child and infant patients.

The BLS program is available in two delivery formats: classroom (instructor-led) and blended learning, featuring online simulation learning followed by an in-person skills session.

This program is consistent with the following:

- International Liaison Committee on Resuscitation (ILCOR) 2015 International Consensus on Cardiopulmonary Resuscitation and Emergency Cardiovascular Care Science with Treatment Recommendations (CoSTR)
- 2015 American Heart Association Guidelines Update for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care.

## Learning Objectives

- Effectively assess an emergency situation and perform a scene size-up.
- Demonstrate how to check both a conscious and unconscious patient.
- Demonstrate how to give high-quality chest compressions.
- Demonstrate how to give effective ventilations to a patient experiencing a cardiac arrest and/or respiratory arrest, including using a pocket mask and bag-valve-mask (BVM) resuscitator.
- Demonstrate how to effectively operate an AED.
- Demonstrate how to effectively care for an obstructed airway.
- Effectively assess, treat and manage a patient requiring basic life support resuscitation, incorporating local protocols as necessary.
- Demonstrate the ability to apply critical-thinking (e.g., anticipate next steps and ramifications of actions) and problem-solving skills.

## Course Options and Length

BLS is available through both instructor-led (classroom) and blended learning delivery formats. Abbreviated versions of the instructor-led course are available with the Review course and Challenge options.

Course Option	Delivery Format	Length (H:MM)
<b>Basic Life Support for Healthcare Providers</b> Comprehensive course with a focus on skills practice and scenario activities to apply skills in simulated emergencies.	Classroom	4:30
	Blended Learning	<b>Online:</b> 2:00 <b>In-person:</b> 2:30
<b>Basic Life Support for Healthcare Providers Review</b>	Classroom	2:30

For participants with current professional-level CPR/AED certification from the Red Cross or equivalent organizations.		
<b>Basic Life Support for Healthcare Providers Challenge</b> For participants wishing to demonstrate knowledge and skills competency in front of a certified instructor outside of the formal class setting.	Classroom	Varies (~1:00)

The course lengths above are based upon a 9 student to 1 instructor ratio. For class of more than 9 students, additional time or assistance from additional instructors may be needed. The table below shows how the full BLS course length varies for different numbers of students.

Student-to-Instructor Ratio	Approximate Length for full BLS Class (H:MM)
Up to 9:1	4:30
10:1 to 12:1	5:00

## Certificate Issued and Validity Period

Upon completion of the course, participants receive a digital certificate valid for 2 years. Digital certificates are issued via email upon course completion being entered into the Red Cross Course Record Entry portal and can be emailed directly to the participants or to the instructor.

## Instructor

Instructors must hold a Basic Life Support for Healthcare Providers instructor certificate in order to teach BLS. Instructors certified in other programs may teach BLS by completing a free, online orientation course.

Instructors are required to maintain a base-level certification in Basic Life Support for Healthcare Providers (or equivalent) and complete a free, online recertification refresher course in order to maintain their instructor certification.

## Participant Materials

The *American Red Cross Basic Life Support for Healthcare Providers Manual* is available as free digital download or in print format for purchase from the Red Cross Store.

## Instructor Materials

Instructor materials are available as free digital downloads from the Red Cross Instructor's Corner portal or in print format for purchase from the Red Cross Store.

- *American Red Cross Basic Life Support for Healthcare Providers Instructor's Manual*
- Basic Life Support for Healthcare Providers Instructor-Led Course Presentation
- Basic Life Support for Healthcare Providers Blended Learning Course Presentation