

Basic Life Support



The American Heart Association's Basic Life Support (BLS) Provider Course provides the foundation for saving lives after cardiac arrest. Reflecting science and education in the *2025 American Heart Association Guidelines for CPR and ECC*, this course teaches basic life support skills for application in both in-hospital and out-of-hospital settings, with a focus on high-quality CPR, improvement of chest compression fraction, and high-performing team dynamics. The American Heart Association's BLS Course offers:

- Content representing the latest resuscitation science for improved patient outcomes
- Realistic scenarios, simulations, and animations depicting rescuers, teams, and patients
- Course and content flexibility for Instructors and students, including adaptability to local protocols

2025 UPDATES

- Unified Cardiac Arrest Chain of Survival
- Changes to foreign-body airway obstruction protocols for adults, children, and infants
- New science-aligned algorithms
- Inclusion of alternative infant compression techniques
- Live-action video scenarios in both in and out-of-hospital settings
- Scenarios and illustrations depicting female cardiac arrest
- New and revised illustrations

COURSE DELIVERY

Three different course formats are available to accommodate the learning needs of individual students and offer flexibility for Instructors. All three course formats include the same learning objectives and result in the same course completion card.



Instructor-led training (ILT)

This option is led by an AHA Instructor in a classroom setting. Instructors deliver courses designed to include both the cognitive portion of training and the psychomotor component of thorough skills practice and testing.



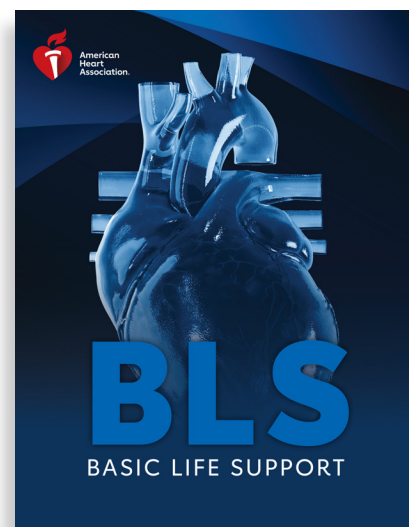
Blended learning (HeartCode® BLS)

Blended learning uses online technology not only to supplement but also to transform and improve the learning process. It is a combination of eLearning, in which a student completes part of the course in a self-guided manner, followed by a hands-on skills session.



Resuscitation Quality Improvement® (RQI®)

A unique ECC program designed specifically for training actively employed healthcare providers in clinical environments. Unlike the Instructor-led and/or blended course, the RQI program is a maintenance-of-competence platform designed for site-specific adoptions.



WHO SHOULD TAKE THE COURSE?

Healthcare professionals and other personnel who need to know how to perform CPR and other basic cardiovascular life support skills in a wide variety of in-hospital and out-of-hospital settings.