**Sample HeartCode® BLS Agenda With Optional Lessons**

12 students, 2 BLS Instructors; student-instructor ratio 6:1; student-manikin ratio 3:1; total time: approximately 2 hours 35 minutes

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| Time | Lesson |
| 8:00-8:05 | **Lesson 1: Course Introduction** |
| 8:05-8:32 | **Lesson 2: Adult BLS**Part 1: Scene Safety, Assessment, and Adult Compressions Part 2: Pocket MaskPart 3: 1-Rescuer Adult BLS Part 4: Bag-Mask Device Part 5: 2-Rescuer Adult BLS |
| 8:32-8:42 | **Lesson 3: AED for Adults, Children, and Infants**Part 1: AED Review Part 2: AED |
| 8:42-8:45 | **Lesson 4: Special Considerations: Rescue Breathing** |
| 8:45-9:02 | **Lesson 5: High-Performance Teams Activity (Optional)** |
| 9:02-9:22 | **Lesson 5A: Local Protocols Discussion (Optional)** |
| 9:22-9:29 | **Lesson 6: 2-Rescuer Child CPR** |
| 9:29-9:44 | **Lesson 7: Infant BLS**Part 1: Infant CompressionsPart 2: Bag-Mask Device for Infants Part 3: 2-Rescuer Infant CPR |
| 9:44-9:52 | **Lesson 8: Relief of Choking** Part 1: Adult and Child Choking Part 2: Infant Choking |
| 9:52-9:54 | **Lesson 9: Conclusion** |
| 9:54-10:34 | **Lesson 10: Skills Test**Part 1: Adult CPR and AED Skills Test Part 2: Infant CPR Skills Test |
|  | **Lesson 11: Remediation\*** |

\*Remediation time will vary depending on need and number of students.