



HeartCode® BLS Virtual Skills Agenda for Initial Providers

3 students, 1 BLS Instructor; student-instructor ratio 3:1; student-manikin ratio 1:1;
total time: approximately 2 hours

Duration	Lesson
5 minutes	Lesson 1: Course Introduction
27 minutes	Lesson 2: Adult BLS Part 1: Scene Safety, Assessment, and Adult Compressions Part 2: Pocket Mask Part 3: 1-Rescuer Adult BLS Part 4: Bag-Mask Device Part 5: 2-Rescuer Adult BLS
10 minutes	Lesson 3: AED for Adults, Children, and Infants Part 1: AED Review Part 2: AED (Students Practice)
3 minutes	Lesson 4: Special Considerations: Rescue Breathing
7 minutes	Lesson 6: 2-Rescuer Child CPR
15 minutes	Lesson 7: Infant BLS Part 1: Infant Compressions Part 2: Bag-Mask Device for Infants Part 3: 2-Rescuer Infant CPR
8 minutes	Lesson 8: Relief of Choking Part 1: Adult and Child Choking Part 2: Infant Choking
2 minutes	Lesson 9: Conclusion
40 minutes	Lesson 10: Skills Test Part 1: Adult CPR and AED Skills Test Part 2: Infant CPR Skills Test
Remediation time will vary depending on need and number of students	Lesson 11: Remediation