



2025 GUIDELINES



Transition Timeline and Instructor Updates

Update as of April 21, 2025

Transition Timeline

Once the 2025 AHA Guidelines for CPR and ECC are released on October 22, 2025, there will be a 90-day transition timeline during which AHA Instructors will need to take an Instructor Update course for each discipline they teach, which walks them through the new science.

During the 90-day transition timeline, once Instructors have completed their Instructor Update(s), they will use AHA's interim training materials to teach courses.

Beginning at 12:00 a.m. CT March 1, 2026, Instructors need to use the new, updated course materials to teach the updated courses. We will communicate additional details about the transition timeline for all eProducts in the next 30 days.

Instructor Updates

Instructor Update courses will be released for BLS, ACLS, PALS, Heartsaver and PEARS. These are required eLearning courses for Instructors.

An Instructor Update must be completed for each discipline taught. For example, AHA BLS Instructors must complete the 2025 BLS Instructor Update, and those BLS Instructors who teach Heartsaver courses must also complete the 2025 Heartsaver Instructor Update. For PALS Instructors who teach PEARS, completion of the 2025 PEARS Instructor Update is recommended, but not required.