



Basic Life Support for Healthcare Providers Fact Sheet

Purpose

The purpose of the Basic Life Support for Healthcare Providers (BLS) course is to ensure that individuals with a duty to respond (public safety professionals and healthcare providers) 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.

Course Prerequisites

None

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 Lengths

BLS is available through two delivery formats: instructor-led (classroom) and blended learning. Abbreviated versions of the instructor-led course are available with the Review course and Challenge options. A table including estimated lengths of the various BLS course options is provided below.

Course Option	Delivery Format	Length (H:MM)
Basic Life Support for Healthcare Providers Comprehensive course with a focus on skills practice and scenario activities to apply skills in simulated emergencies.	Classroom	4:30
	Blended Learning	Online: 2:00 In-person: 2:30
Basic Life Support for Healthcare Providers Review For participants with current professional-level CPR/AED certification from the Red Cross or equivalent organizations.	Classroom	2:30
Basic Life Support for Healthcare Providers Challenge 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

Instructor

Instructors must hold a Basic Life Support for Healthcare Providers instructor certificate in order to teach BLS. Specific information on eligibility and instructions on how to receive a BLS Instructor certification can be found from the following resources:

- **BLS Program Page on Instructor’s Corner** – For currently certified Red Cross instructors, visit www.instructorscorner.org.
- **BLS Instructor Candidate’s Page** – For instructor candidates from other agencies, visit www.instructorscorner.org/blscandidates (publicly available).

Certification

Participants who successfully complete the BLS program will be issued a Basic Life Support for Healthcare Providers certification that is valid for two years.

Participant/Provider Handbook

The Basic Life Support for Healthcare Providers Handbook includes coverage of essential emergency care components for all age groups (adult, child, infant) including:

- Scene Size-Up and Initial Impression
- Primary Assessment
- Ventilations
- CPR including High-Quality CPR
- AED
- Obstructed Airway

In addition to information on course topics, Skill Sheets provide step-by-step progression of all BLS skills scenarios used in the skills practice and assessment portions of the course.

The Provider Handbook may be downloaded for free from www.redcross.org or purchased from the Red Cross Store (www.redcrossstore.org).