

# Basic Life Support Course Options

BLS is geared towards prehospital providers, like EMTs, paramedics, fire fighters, and in-facility hospital providers. Upon successful completion of the course, students receive a course completion card, valid for two years. Please contact your employer to ensure that you are selecting the correct course.

Basic Life Support (BLS) is available in two different training methods – blended learning and classroom training. All BLS course options teach the same AHA science-based skills and result in the same AHA BLS Course Completion Card.

## **BLS Full Class and Renewal Format:**

Instructor-led, hands-on class format reinforces skills proficiency.

The BLS Instructor-led course teaches both single-rescuer and team basic life support skills for application in both prehospital and in-facility environments, with a focus on High-Quality CPR and team dynamics.

Full BLS Provider Course takes approximately 4.5 hours to complete, including skills practice and skills testing

BLS Renewal Course takes approximately 3 hours to complete, including skills practice and testing

## **BLS HeartCode Blended Learning Format:**

HeartCode BLS uses a personalized adaptive algorithm that sets students on the most efficient path to BLS mastery. Students follow a continuously adapting learning path that is personalized by their own inputs: their performance and their self-reported confidence level related to each probe. The course content is presented in the form of self-directed learning content, probes, and Cognitive Assessment Activities.

The student has a choice of completing a pre-hospital or in-hospital contextualized track. After completing the online portion, students will attend a structured, Instructor-led hands-on session that focuses on meaningful skills practice, team scenarios, and skills testing. Where available, students may also complete the hands-on session with a HeartCode compatible manikin.

HeartCode BLS is the AHA's BLS blended learning delivery method. Blended learning is a combination of eLearning, in which a student completes part of the course in a self-directed manner, followed by a hands-on skills session.

The online portion of HeartCode BLS can be completed in approximately 1 to 2 hours.

Time to complete the hands-on skills session varies from 60 minutes to 2 hours, depending on the experience of the student.

# Heartsaver CPR/AED/First Aid Course Options

Heartsaver courses are designed for anyone with little or no medical training who needs a course completion card for job, regulatory (for example, OSHA), or other requirements. These courses can also be taken by anyone who wants to be prepared for an emergency in any setting. For many Heartsaver courses, students receive a course completion card that is valid for 2 years.

## **Classroom Heartsaver CPR/AED/First Aid Format:**

Instructor-led, hands-on class format reinforces skills proficiency.

This course is a video-based, instructor-led course that teaches students critical skills needed to respond to and manage an emergency until emergency medical services arrives. This course uses AHA's research-proven practice-while-watching technique, which allows instructors to observe the students, provide feedback, and guide the students' learning of skills.

The classroom course can be completed in approximately 4 hours (including breaks).

## **Blended Learning Heartsaver First Aid CPR AED Online Format:**

Blended Learning (online portion, followed by hands-on skills session)

Heartsaver First Aid CPR AED Online is the eLearning portion of the Heartsaver First Aid CPR AED Blended Learning Course and is designed to teach students information needed for first aid, CPR, and AED training.

Upon completion of the online portion, students must complete hands-on skills session with an AHA BLS or Heartsaver Instructor.

Online course run times range from 1 ¼ hours to 3 hours, and the hands-on skills session can be completed in 60 minutes to 2 hours, depending on the experience of the student. \*

\*Individual learner times will vary; run times will vary based on course path and/or optional topics selected.

# Pediatric Heartsaver CPR/AED/First Aid Course Options

Heartsaver Pediatric First Aid CPR AED is geared towards anyone involved in childcare who have a duty to respond to illnesses and injuries in a child or infant in the first few minutes until professional help arrives. Including: childcare workers, teachers, camp counselors, etc. Upon successful completion of the course, students receive a course completion card, valid for two years. Please contact your employer to ensure that you are selecting the correct course.

Heartsaver Pediatric First Aid CPR AED is available in two different training methods – blended learning and classroom training. All Heartsaver Pediatric First Aid CPR AED course options teach the same AHA science-based skills and result in the same AHA Course Completion Card.

## **Classroom Pediatric Heartsaver CPR/AED/First Aid Format:**

Instructor-led, hands-on class format reinforces skills proficiency

This course is a classroom, video-based, Instructor-led course that teaches students to respond to and manage illnesses and injuries in a child or infant in the first few minutes until professional help arrives.

This course is designed to meet the regulatory requirements for child care workers in all 50 U.S. states.

The classroom course can be completed in approximately 5-6 hours (including breaks).

## **Blended Learning Pediatric Heartsaver First Aid CPR AED Online Format:**

Blended Learning (online portion, followed by hands-on skills session)

Heartsaver Pediatric First Aid CPR AED Online is the eLearning portion of the Blended Learning Course. Upon completion of the online portion, students must complete a hands-on skills session with an AHA Instructor. Upon completion of the online portion, students must complete hands-on skills session with an AHA BLS or Heartsaver Instructor.

Online course run times range from 1 ½ hours to 3 hours, and the hands-on skills session can be completed in 60 minutes to 2 hours, depending on the experience of the student. \*

\*Individual learner times will vary; run times will vary based on course path and/or optional topics selected.