

## HeartCode® BLS Instructor-Led Session Agenda

**6 students, 2 BLS Instructors; student-to-instructor ratio 2:1; student-to-manikin ratio 1:1;  
total time: approximately 2 hours and 45 minutes (with break)**

Time	Lesson
8:00-8:05	<b>Lesson 1: Course Introduction</b>
8:05-8:25	<b>Lesson 2: 1-Rescuer Adult BLS</b> Practice While Watching: Initial Steps of CPR Practice While Watching: Pocket Mask Practice While Watching: 1-Rescuer Adult BLS
8:25-8:35	<b>Lesson 3: Bag-Mask Device and AED</b> Practice While Watching: Bag-Mask Device Student Practice: AED
8:35-8:45	<b>Lesson 4: 2-Rescuer Adult BLS</b> Practice While Watching: 2-Rescuer Adult BLS Students Practice: 2-Rescuer Adult BLS With AED
8:45-9:05	<b>Lesson 5: High-Performance Teams</b> Students Practice: Team Activity
9:05-9:10	<b>Break</b>
9:10-9:15	<b>Lesson 6: Special Considerations</b> Practice While Watching: Breaths and Ventilations
9:15-9:23	<b>Lesson 7: Child BLS</b> Practice While Watching: 2-Rescuer Child BLS
9:23-9:40	<b>Lesson 8: Infant BLS</b> Practice While Watching: Infant Compressions Practice While Watching: Bag-Mask Device for Infants Practice While Watching: 2-Rescuer Infant BLS Students Practice: Infant High-Performance Teams Activity (Optional)
9:40-9:48	<b>Lesson 9: Local Protocols (Optional)</b>
9:48-9:53	<b>Lesson 10: Relief of Choking</b> Practice While Watching: Infant Choking
9:53-9:58	<b>Lesson 11: Conclusion</b>
9:58-10:38	<b>Lesson 12: Skills Test</b> Adult CPR and AED Skills Test Infant CPR Skills Test
10:38-10:48	<b>Lesson 13: Remediation*</b>

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