

# Basic Life Support / Cardiopulmonary Resuscitation (CPR)





## Basic Life Support & Cardiopulmonary Resuscitation Course Description

Basic Life Support (BLS) and Cardiopulmonary Resuscitation (CPR) (4hr)

Cost: \$60.00 per person

This training will provide the skills of high-quality cardiopulmonary resuscitation for victims of all ages. This training will provide the ability to deliver these skills both as a single rescuer and as a member of a multi-rescuer team.

Course Objectives:

- Describe the importance of high-quality CPR and its impact on survival.
- Describe the steps in the chain of survival.
- Apply BLS concepts of the chain of survival.
- Recognize the signs of a person requiring CPR.
- Perform high-quality CPR for an adult, a child, and an infant.
- Explain the importance of the early use of an automated external defibrillator (AED.)
- Demonstrate the appropriate use of an AED.
- Demonstrate how to provide effective ventilation by using a barrier device.
- Describe the importance of teams in multi-rescuer resuscitation.
- Perform as an effective team member during multi-rescuer CPR.
- Demonstrate the techniques for relief of foreign body airway obstruction for an adult, a child, and an infant.



## Basic Life Support & Cardiopulmonary Resuscitation Course Outline

- **One Rescuer Adult BLS**
  - Chain of Survival
  - Scene Safety
  - Adult Compressions
  - Pocket Mask
  - One-rescuer Adult BLS
- **AED and Bag-Mask Device**
  - AED
  - Bag-Mask Device
- **Two Rescuer Adult BLS**
- **Team Dynamics**
  - Team Dynamics
  - Successful Resuscitation Teams
- **High-Performance Teams Activity**
- **Child BLS**
  - Pediatric Chain of Survival
  - Child BLS
  - Two-rescuer Child CPR
- **Infant BLS**
  - Infant BLS
  - Infant Compressions
  - Bag-Mask Device for Infants

- Two-rescuer Infant BLS
- AED for Infants and Children Less than 8 years of age
- **Special Considerations**
  - Mouth-to-mouth breaths
  - Rescue breathing
  - Breaths with an Advanced Airway
  - Opioid-Associated Life-Threatening emergency
- **Adult and Child Choking**
  - Relief of Choking in a Responsive Adult or Child
  - Relief of Choking in an Unresponsive Adult or Child
- **Infant Choking**
  - Relief of Choking in a Responsive Infant
  - Relief of Choking in an Unresponsive Infant
- **Conclusion**
- **Exam**
- **Adult CPR and AED Skills Test**
- **Infant CPR Skills Test**

