

Basic Life Support (BLS)



For Healthcare Providers

What is it?

The Basic Life Support (BLS) for Healthcare Providers (HCP) Course is a video-based, Instructor-led course that teaches both single-rescuer and team basic life support. This course trains participants to promptly recognize several life-threatening emergencies, give high-quality chest compressions, deliver appropriate ventilations and provide early use of an AED.

BLS for Healthcare Providers teaches skills using the Heart and Stroke Foundation's proven Practice-While-Watching technique, which allows Instructors to observe students, provide feedback and guide students' acquisition of skills.

With their student manual for the course, students receive the new Pocket Reference Card, designed to provide quick emergency information to the rescuer at any time.

Course Covers

- Key changes in basic life support, reflecting the 2010 Heart and Stroke Foundation Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care
- Critical concepts of high-quality CPR
- The Heart and Stroke Foundation Chain of Survival™
- 1-Rescuer CPR and AED for adult, child and infant
- 2-Rescuer CPR and AED for adult, child and infant
- Differences between adult, child and infant rescue techniques
- Bag-mask techniques for adult, child and infant
- Rescue breathing for adult, child and infant
- Relief of choking for adult, child and infant
- CPR with an advanced airway*

The Heart and Stroke Foundation's course is the premier BLS training course for healthcare providers. The evidence-based content and well-tested teaching methodology can dramatically improve the learning and retention of lifesaving skills.

Primary Audience

This course is for healthcare professional who need to know how to perform CPR as well as other lifesaving skills in a wide variety of in-hospital and out-of-hospital settings.

BLS HCP Course Materials

- RE3210(E/F)** – Student Manual with Pocket Reference Card
- RE3220(E/F) – Instructor Manual with Lesson Maps
- RE3240(E/F) – BLS HCP Course & Renewal Course DVD
- RE3260(E/F) – BLS HCP Instructor Kit (includes):
 - BLS HCP Course & Renewal DVD
 - Instructor Manual with Lesson Maps
 - Student Manual with Pocket Reference Card



HSF has developed localized materials for use in Canada which ensure that materials reflect Canadian scope of practice and comply with Canadian health system requirements and HSF policy.

* This is an introduction to the compression/ventilation rate and ratio for a patient who has an advanced airway in place
** E and F refer to English and French-language versions, respectively

resuscitation.heartandstroke.ca