

Basic Life Support (BLS)

This expert-level program helps keep healthcare professionals prepared and ready to respond as they encounter life-threatening emergencies, provide basic life support and respond to choking incidents. ASHI's *Basic Life Support, BLS for Healthcare Providers and Professional Rescuers* conforms to the 2015 *AHA Guidelines Update for CPR and ECC*. It has been approved for training for Emergency Medical Services personnel and is accepted by the National Registry of Emergency Medical Technicians (NREMT). The program is also CAPCE approved and widely accepted in more than 150 healthcare-related occupations.

Intended audience

This program is designed for individuals in the healthcare or professional rescuer field that are required to have professional-level basic life support training.

Class options

- None (covers all ages)

Class configurations

- Maximum student to instructor ratio: 10 to 1 (6 to 1 recommended)
- Recommended student to equipment ratio: 3 to 1

ASHI-approved training materials

- ASHI BLS Student Handbook (one per participant, print or digital)
- ASHI BLS Instructor Guide (one per instructor, print or digital)
- ASHI BLS media presentation (program video, PowerPoint® or computer/online blended class)

Digital resources

- Streaming video player
- Create custom playlists
- Customizable blended learning playlists
- Pre-built digital Performance Evaluations
- Track past, present and future classes
- Mobile app, including offline mode

Recognized certification period

- Up to 2 years

Successful completion (certification)

- *Written evaluation:* Successful completion requires a correct score of 70% or better
- *Performance evaluation:* All students must perform required skills competently without assistance: External chest compressions for adults, children and infants; Rescue breaths using a CPR mask; Rescue breaths using a bag-mask device; Primary assessment for an unresponsive patient; CPR as a single provider for adults, children and infants; Safely attach and operate an automated external defibrillator (AED); CPR as part of a team of two or more providers

Recommended time to complete

- Initial training: 4-5 hours
- Renewal training: Less than initial instructional time





Class topics

- Sudden Cardiac Arrest
- Early Defibrillation
- Chain of Survival
- Secondary Cardiac Arrest
- Secondary Cardiac Arrest – Children and Infants
- Secondary Cardiac Arrest – Opioid Overdose
- Personal Safety
- Standard Precautions
- Personal Protective Equipment
- Calling for Help
- High-Performance CPR
- Chest Compressions
- Rescue Breaths – CPR Mask
- Rescue Breaths – Bag-Mask
- Automated External Defibrillation
- BLS Assessment
- Recovery Position
- Caring for Respiratory Arrest
- Caring for Cardiac Arrest
- Multiple Provider Approach to CPR
- Choking

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