

GUHSD Health Pathways BLS Course Agenda With Optional Lessons

8 students, 1 BLS Instructor; student-instructor ratio 8:1; student-manikin ratio 4:1; total time:
approximately 5 hours (with break & lunch)

Time	Lesson
9:00-9:05	Lesson 1: Course Introduction
9:05-9:55	Lesson 2: 1-Rescuer Adult BLS Part 1: Adult Chains of Survival Part 2: Scene Safety, Assessment, and Adult Compressions Part 3: Pocket Mask Part 4: 1-Rescuer Adult BLS
9:55-10:35	Lesson 3: AED and Bag-Mask Device Part 1: AED Part 2: Bag-Mask Device
10:35-10:45	Break
10:45-10:55	Lesson 4: 2-Rescuer Adult BLS
10:55-11:15	Lesson 5: Special Considerations Part 1: Mouth-to-Mouth Breaths Part 2: Rescue Breathing Part 3: Breaths With an Advanced Airway Part 4: Opioid-Associated Life-Threatening Emergency Part 5: Maternal Cardiac Arrest Off-Script: Naloxone
11:15-11:25	Lesson 6: High-Performance Teams Part 1: Team Dynamics Part 2: High-Performance Teams Part 3: High-Performance Teams Activity (Optional)
11:25-11:40	Adult Skills Test Practice
11:40-12:30	Lunch and Adult Skills Testing
12:30-12:45	Lesson 7: Child BLS Part 1: Pediatric Chains of Survival Part 2: Child BLS Part 3: 2-Rescuer Child CPR
12:45-1:00	Lesson 8: Infant BLS Part 1: Infant BLS Part 2: Infant Compressions Part 3: Bag-Mask Device for Infants Part 4: 2-Rescuer Infant CPR Part 5: AED for Infants and Children Less Than 8 Years of Age
1:00-1:15	Lesson 9: Relief of Choking Part 1: Adult and Child Choking Part 2: Infant Choking
1:15-1:20	Lesson 10: Conclusion
1:20-1:40	Written Test
1:40-2:10	Lesson 11: Skills Test Part 1: Adult CPR and AED Skills Test Part 2: Infant CPR Skills Test
2:10-2:30	Lesson 13: Remediation (<i>Go to class if you've already passed the skills tests and exam</i>) Part 1: Skills Testing Remediation Part 2: Exam Remediation