**Sample BLS Course Agenda With Optional Lessons**

12 students, 2 BLS Instructors; student-instructor ratio 6:1; student-manikin ratio 3:1; total time: approximately 4 hours and 15 minutes (with breaks)

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| Time | Lesson |
| 8:00-8:05 | **Lesson 1: Course Introduction** |
| 8:05-8:35 | **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 |
| 8:35-8:55 | **Lesson 3: AED and Bag-Mask Device**  Part 1: AED  Part 2: Bag-Mask Device |
| 8:55-9:04 | **Lesson 4: 2-Rescuer Adult BLS** |
| 9:04-9:14 | **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 |
| 9:14-9:40 | **Lesson 6: High-Performance Teams**  Part 1: Team Dynamics  Part 2: High-Performance Teams  Part 3: High-Performance Teams Activity (Optional) |
| 9:40-10:00 | **Lesson 6A: Local Protocols Discussion (Optional)** |
| 10:00-10:10 | Break |
| 10:10-10:20 | **Lesson 7: Child BLS**  Part 1: Pediatric Chains of Survival  Part 2: Child BLS  Part 3: 2-Rescuer Child CPR |
| 10:20-10:40 | **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 |
| 10:40-10:47 | **Lesson 9: Relief of Choking**  Part 1: Adult and Child Choking  Part 2: Infant Choking |
| 10:47-10:52 | **Lesson 10: Conclusion** |
| 10:52-11:32 | **Lesson 11: Skills Test**  Part 1: Adult CPR and AED Skills Test  Part 2: Infant CPR Skills Test |
| 11:32-11:57 | **Lesson 12: Exam** |
| 11:57-12:12 | **Lesson 13: Remediation**  Part 1: Skills Testing Remediation  Part 2: Exam Remediation |