



# Basic Life Support - Blended Learning

## Course Purpose

The American Red Cross Basic Life Support (BLS) course provides participants with the knowledge and skills they need to assess, recognize and care for patients who are experiencing respiratory arrest, cardiac arrest, airway obstruction or opioid overdose. When a patient experiences a life-threatening emergency, healthcare providers need to act swiftly and promptly. The course emphasizes providing high-quality care and integrating psychomotor skills with critical thinking and problem solving to achieve the best possible patient outcomes

## Course Prerequisites

None

## Learning Objectives

- Apply concepts of effective teamwork when caring for a patient experiencing a life-threatening emergency.
- Integrate communication, critical-thinking and problem-solving skills during a high-performance BLS team response.
- Apply a systematic, continuous approach to assess, recognize and care for adults, children and infants experiencing a life-threatening emergency.
- Perform a rapid assessment for responsive and unresponsive adults, children and infants.
- Effectively care for adults, children and infants in respiratory arrest.
- State the principles of high-quality CPR for adults, children and infants.
- Identify BLS differences among adults, children and infants.
- Provide high-quality chest compressions for adults, children and infants.
- Deliver effective ventilations to adults, children and infants using a pocket mask and bag-valve-mask (BVM) resuscitator.
- Demonstrate effective use of an automated external defibrillator (AED) for adults, children and infants.
- Provide high-quality BLS care for adults, children, and infants in single- and multiple-provider situations.
- Deliver effective abdominal thrusts, back blows and chest thrusts for adults, children, and infants with airway obstruction.
- State the principles of care for a patient experiencing an opioid overdose.

## Length

Course length: Online – 1 hour and 30 minutes (varies); In Class - 2 hours and 35 minutes.

## Certification

Participants who successfully complete the BLS course will be issued a Basic Life Support certification that is valid for two years.

## Participant's Manual (not required to attend class)

The Basic Life Support Participant's Manual may be downloaded for free from the Red Cross Learning Center (<http://www.redcrosslearningcenter.org>) or purchased from the Red Cross Store ([www.redcross.org/store](http://www.redcross.org/store)).

## Location of In-person training

Safety Services Hawaii Training Room  
95 Mahalani Street,  
Building # 5 Lower Level  
Wailuku, HI 96793  
Room 28-B3

## Cancellation and Refunds

A cancellation charge of 10% of the course cost is applied if a student wishes to cancel a course after enrolling. If the cancellation is within one week of course start date, a cancellation charge of 50% of the course cost is applied. If the cancellation is within 48 hours, there is no refund.

Students may request to transfer to a future class. Accommodations for transfer are based on scheduling and availability.

