

Basic Life Support (BLS)

This CPR course is the foundation for saving lives after cardiac arrest. It is designed for healthcare professionals and trained first responders who provide care to patients in a wide variety of settings. The course teaches both single-rescuer and team basic life support skills for application in pre-hospital and in-hospital settings.

The Heart & Stroke BLS course offers:

- The latest resuscitation science for improved patient outcomes
- Realistic scenarios, simulations and animations depicting rescuers, teams and patients
- Course and content flexibility for Heart & Stroke instructors and students, including adaptability to local protocols
- Alberta Health Services requires that employees certify annually in BLS through the Heart and Stroke Foundation

Intended Audience:

The Heart & Stroke BLS course is designed for healthcare professionals and trained first responders who provide care to patients in a wide variety of both in-facility and prehospital settings or by those that require BLS certification and CPR training to enter into a healthcare-related training program. It is an annual requirement for most individuals working in healthcare.

Full course teaches learners to promptly recognize several life-threatening emergencies, give high-quality chest compressions, deliver appropriate ventilations, and provide early use of an AED. It includes adult, child, and infant rescue techniques. The BLS provider course includes realistic scenarios, hands on practice and state of the art videos. This course takes approximately 3-4 hours to complete

Cost: \$75

Renewal course is a fast-paced course around 2 hours that allows the experienced BLS provider the opportunity to demonstrate knowledge through written and skills assessment in a concentrated program. Annual renewal is required for most health care professionals.

Cost: \$45



Reference: resuscitation.heartandstroke.ca