

## HeartCode® BLS Virtual Instructor-Led Hands-On Skills Session; ECC Training Centers

---

Original Release Date: 10/22/2025  
Last Review Date: September 2025  
Termination Date: 10/21/2028

### Description

The goal of the BLS Course is to train participants to save the lives of people in cardiac arrest through high-quality CPR. The AHA designed the BLS Course to teach health care professionals how to perform high-quality CPR individually or as part of a team. BLS skills are applicable to any health care setting. BLS students will learn rescue techniques for adults, children, and infants.

### Learning Objectives

At the conclusion, participants should be able to

1. Describe the importance of high-quality CPR and its impact on survival
2. Apply the BLS concepts of the Chain of Survival
3. Recognize the signs of someone needing CPR
4. Perform high-quality CPR for an adult, a child, and an infant
5. Perform chest compressions using correct hand placement at the correct rate and depth with chest recoil
6. Demonstrate effective breaths or ventilation
7. Describe the importance of early use of an automated external defibrillator (AED)
8. Demonstrate how to use an AED
9. Perform as an effective team member during multirescuer CPR
10. Describe how to relieve a foreign-body airway obstruction for an adult, a child, and an infant

### Accreditation Terms

Joint Accreditation: N/A

CAPCE: 10/22/2025 – 10/21/2028

AARC: N/A

### Accreditation Statement

#### Continuing Education Accreditation – Emergency Medical Services

This continuing education activity is approved by the American Heart Association, an organization accredited by the Commission on Accreditation of Pre-Hospital Continuing Education (CAPCE), for 2.25 Basic CEHs, activity number 25-AMHA-F5-0036.

By claiming CAPCE credit, the claimant acknowledges the following: I understand that the American Heart Association as a requirement of CAPCE accreditation will submit a record of my course completions to the CAPCE AMS. I further understand that my course completion records may be accessed by or shared with such regulators as state EMS offices, training officers, and NREMT on a password-protected, need-to-know basis.

In addition, I understand that I may review my record of CAPCE-accredited course completions by contacting CAPCE.

### **Participation and Successful Completion**

Successful completion of this CE activity includes the following:

1. Complete attendance and pass all skills tests
2. Receive the certificate/statement of credit

### **Disclosure Statement**

All persons in a position to control educational content of a CE activity provided by the American Heart Association must disclose to the audience all financial relationships with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients. The presence or absence of all financial relationships will be disclosed to the audience in activity materials. All unlabeled/unapproved uses of drugs or devices discussed will also be disclosed to the audience. All relevant financial relationships have been mitigated prior to the commencement of the activity.

The following authors/faculty have declared NO financial interest(s) and/or affiliations:

Mark Terry, MPA, NRP  
Deb Torman, EdD, MBA, ATC, EMT-P, SSBB  
Sallie Johnson, PharmD  
Tracy Stell, BSN, RN, CNML  
Kris Leon, CEP  
Koji Sakaida, MD  
Fabián Gelpi, MD  
Denis Cristian Toledo Corrêa, PT, RRT  
Erika Walton, MSN, RN, NPD-BC  
Allison Leidy Corder, MA, CCLS  
Julie Mallory, MBA  
Yuria Matsushita  
Comilla Sasson, MD, PhD, FAHA, FACEP  
Julie Sell, MSN, RN, CEN  
Nekeisha Harrison, RN

This list represents the relationships that may be perceived as actual or reasonable conflicts of interest as reported on the Disclosure Questionnaire, which all AHA volunteers are required to complete and submit. The focus is on relevant financial relationships with commercial interests in the 24-month period preceding the time that the individual is being asked to assume a role controlling content:

N/A

### **Target Audiences**

1. EMS

### **Accessibility Statement**

The American Heart Association does not provide advice to Training Centers on ADA requirements or any other laws, rules, or regulations. Training Centers must determine accommodations necessary to comply with applicable laws. AHA recommends consultation with legal counsel.

Core curriculum change requests for accessibility purposes must be scientifically based and approved in advance in writing by the AHA ECC Science & Product Development department; otherwise a student must be able to successfully perform all course requirements (skills and written tests as indicated) to receive a course completion card. Reasonable accommodations may be made, such as placing the manikin on a table at the height necessary for individuals in a wheelchair. However, the skills must be satisfactorily completed during the testing sessions. Guidelines for accommodating students with special needs or disabilities may be found in the Program Administration Manual.