

NC 602: BASIC LIFE SUPPORT (BLS) - AMERICAN HEART ASSOCIATION

Citrus College Course Outline of Record

Heading	Value
Effective Term:	Spring 2022
Credits:	0
Total Contact Hours:	4
Lecture Hours :	2
Lab Hours:	2
Hours Arranged:	0
Outside of Class Hours:	4
Total Student Learning Hours:	8
Transferable to CSU:	No
Transferable to UC:	No
Grading Method:	Non-Credit Course

Catalog Course Description

This course provides the professional rescuer with the knowledge and skills to provide Basic Life Support (BLS) to a victim in an emergency. It follows the guidelines of the American Heart Association (AHA). 2 lecture hours, 2 lab hours.

Course Objectives

- Describe the importance of high-quality CPR and its impact on survival.
- Describe all the steps in the Chains of Survival.
- Apply the BLS concepts of the Chains of Survival.
- Perform high-quality CPR for adults, children, and infants.
- Describe the importance of early use of an automated external defibrillator (AED).
- Demonstrate the appropriate use of an AED.
- Provide effective ventilation by using a barrier device.
- Describe the importance of high-performance teams in a multi-rescuer resuscitation.
- Describe the technique for relief of foreign-body airway obstruction for adults, children, and infants.

Major Course Content

1. Chain of Survival
 - a. Activating the Chain of Survival
 - i. In hospital
 - ii. Out of hospital
 - iii. Recovery
2. Basic Life Support
 - a. Adults
 - b. Child
 - c. Infant
3. Use of AED

- a. Adults
 - b. Pediatrics
4. Team Dynamics
 5. Choking Relief
 - a. Adults
 - b. Child
 - c. Infant

Lab Content

- 1- and 2-Rescuer Adult BLS With AED Skills Test
- 1- and 2-Rescuer Infant BLS Skills Test

Suggested Reading Other Than Required Textbook

Course videos are available in digital (streaming and downloadable) format online and on DVD. New videos have been added to the BLS Course, including CPR Coach.

Instructor Manual Part 1: General Concepts – All healthcare Instructor manuals now have a universal section, including • Science and educational principles of resuscitation training • Basic logistics for conducting any AHA course

Instruction Type(s)

Lab, Lecture, Online Education Lab, Online Education Lecture