

Basic Life Support for Health Care and Professional Rescuers

Course Modules

This Instructor Manual provides a detailed plan for each module. To ensure the quality and effectiveness of the course, please follow the structure of each module as closely as possible.

| Module/Topic | Videos | Skills | Suggested Length |
|---|--|--------|----------------------------|
| Course Introduction | NSC – A Life Saved | | 5 minutes |
| Role of the Professional Rescuer | Preventing Disease Transmission | | 45-50 minutes |
| Victim Assessment of Basic Life Support | | ✓ | 50-60 minutes |
| Cardiovascular Emergencies and Cardiopulmonary Resuscitation (CPR) | <ul style="list-style-type: none"> • Adult CPR – 1 Rescuer • Adult CPR – 2 Rescuer • Pediatric CPR • Rescue Breathing • Jaw Thrust • Breathing with a Bag Mask | ✓ | 140-210 minutes |
| Automated External Defibrillators (AEDs) | <ul style="list-style-type: none"> • Adult AED • Pediatric AED | ✓ | 50-60 minutes |
| Airway Obstructions | Airway Obstructions – Choking | ✓ | 50-60 minutes |
| Appendix A: Special Resuscitation Situations | | | Optional 20-30 minutes |
| Appendix B: Advanced Resuscitation | Advanced Resuscitation | ✓ | Optional: 100-120 minutes |
| Final Written Exam | | | 20 minutes |
| Total Instructional Time (Modules 1-5 without optional content) | | | 6 hours |
| Total Instructional Time (Modules 1-5 with all optional content and shared manikins) | | | 7 hours, 45 minutes |
| Instructional Time for Appendices with Skill Practices | | | 2 to 3.5 hours |