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.

<table>
<thead>
<tr>
<th>Module/Topic</th>
<th>Videos</th>
<th>Skills</th>
<th>Suggested Length</th>
</tr>
</thead>
<tbody>
<tr>
<td>Course Introduction</td>
<td>NSC – A Life Saved</td>
<td></td>
<td>5 minutes</td>
</tr>
<tr>
<td>Role of the Professional Rescuer</td>
<td>Preventing Disease Transmission</td>
<td></td>
<td>45-50 minutes</td>
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<tr>
<td>Victim Assessment of Basic Life Support</td>
<td></td>
<td>✓</td>
<td>50-60 minutes</td>
</tr>
<tr>
<td>Cardiovascular Emergencies and Cardiopulmonary Resuscitation (CPR)</td>
<td>• Adult CPR – 1 Rescuer</td>
<td>✓</td>
<td>140-210 minutes</td>
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<tr>
<td></td>
<td>• Adult CPR – 2 Rescuer</td>
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<tr>
<td></td>
<td>• Pediatric CPR</td>
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<td></td>
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<tr>
<td></td>
<td>• Rescue Breathing</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Jaw Thrust</td>
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<td></td>
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<tr>
<td></td>
<td>• Breathing with a Bag Mask</td>
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<tr>
<td>Automated External Defibrillators (AEDs)</td>
<td>• Adult AED</td>
<td>✓</td>
<td>50-60 minutes</td>
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<tr>
<td></td>
<td>• Pediatric AED</td>
<td></td>
<td></td>
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<tr>
<td>Airway Obstructions</td>
<td>Airway Obstructions – Choking</td>
<td>✓</td>
<td>50-60 minutes</td>
</tr>
<tr>
<td>Appendix A: Special Resuscitation Situations</td>
<td></td>
<td></td>
<td>Optional 20-30 minutes</td>
</tr>
<tr>
<td>Appendix B: Advanced Resuscitation</td>
<td>Advanced Resuscitation</td>
<td>✓</td>
<td>Optional: 100-120 minutes</td>
</tr>
<tr>
<td>Final Written Exam</td>
<td></td>
<td></td>
<td>20 minutes</td>
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</tbody>
</table>

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