

# Basic Life Support (BLS) Training



UniFirst First Aid + Safety is proud to offer American Heart Association (AHA) Basic Life Support (BLS) training. This comprehensive BLS safety course provides a foundation for saving lives following a cardiac arrest event, and it teaches concepts for providing effective CPR and AED techniques, chest compression fraction, airway clearing, and high-performing team dynamics.

BLS training from AHA also includes content that represents the latest recommended resuscitation science for improved patient outcomes. This includes realistic real-life scenarios and simulations, as well as detailed animations depicting patients, rescuers, and teams. The course content is also flexible for AHA instructors and students alike, with adaptability to local protocols as needed.

## Who should take the course?

American Heart Association's BLS course is intended for healthcare workers and other professionals who are required to know effective CPR and AED techniques as a job requirement, as well as other basic cardiovascular life support skills, in a wide variety of in-facility and pre-hospital settings.

## Course Topics (CPR and AED Training)

- Latest science and education from the AHA Guidelines Update for CPR and Emergency Cardiovascular Care
- The AHA Chain of Survival for in-facility and pre-hospital providers
- The essentials for delivering effective, life-saving CPR techniques for adults, children, and infants
- Importance and expectations of team members in multi-rescuer resuscitation activities that may require CPR
- Important early uses and techniques for AED use
- Effective airway ventilation skills using a barrier device
- Relief of foreign-body airway obstruction (choking) for adults and infants

Let UniFirst First Aid + Safety help make your workplace safer.