

APPENDIX D – HSFC BLS Course Types and Content - Part 1

	HeartSaver (A)	HeartSaver AED (C)	Health Care Provider (C)
Suggested Target Audience¹	General Public First Responders	General Public First Responders	First Responders Health Care Providers
Skills Taught	1-rescuer Adult CPR Adult choking Barrier device/pocket mask AED (introduction) 1-rescuer Child and/or Infant CPR and choking (optional)	1-rescuer Adult/Child/Infant CPR Adult/Child/Infant choking Adult/Child AED (mandatory) Barrier device/pocket mask	1- rescuer Adult/Child/Infant CPR 2-rescuer Adult/Child/Infant CPR (Adult 30:2; Child/Infant 15:2) Adult/Child/Infant choking Adult/Child AED (mandatory) Barrier device/pocket mask BVM (introduction at a minimum, if professional requirement) ²
Manual Used	HeartSaver™	HeartSaver™ AED	BLS for Health Care Providers
Time Requirements³	Registration Course: Approximately 4 hours No renewal course.	Registration Course: Approximately 5 hours No renewal course.	Registration Course: Approximately 5 hours Renewal Course: Approximately 4 hours
Course Completion Requirements	Demonstrate competency in 1-rescuer Adult CPR If required, demonstrate competency in 1-rescuer child and/or Infant CPR Formal written evaluation (must achieve >84%) may be mandatory for first responders. ⁴ Written evaluation is optional for general public.	Demonstrate competency in 1-rescuer Adult/Child CPR & AED, and 1-rescuer Infant CPR Formal competency evaluation and written evaluation (must achieve >84%) may be mandatory for first responders Written evaluation is optional for lay rescuers.	Demonstrate competency in: - 1-rescuer Adult/Child CPR - 2-rescuer CPR & AED - 1- and 2-rescuer infant CPR Mandatory formal competency evaluation and closed book written evaluation; must achieve a minimum of 84% on the written evaluation
Purpose	Requisite ⁵	Requisite	Requisite

¹ Refer to *Section 2.2.1: Basic Life Support (BLS) Providers* for the description of these categories. It will be the function of the instructor and/or provincial HSF to determine if the course is appropriate to the participant requesting the training.

² If BVM is a required skill for the participant, additional time must be allowed for demonstration, practice and evaluation.

³ Time suggested is for core course material. If optional modules are taught, additional time must be added.

⁴ Contact your provincial HSF for evaluation process clarification, if necessary.

⁵ “Requisite” means this course may be taken because of a requirement for education or workplace.

Heart and Stroke Foundation

APPENDIX D – HSFC BLS Course Types and Content - Part 2

	CPR in Schools (D)	Modified Course (E)	CPR for Family & Friends (F)
Suggested Target Audience¹	Junior and Senior High School students (ages 12-18)	Individuals or groups with special needs	General Public
Skills Taught	1-rescuer Adult/Child CPR Adult/Child choking Barrier device/pocket mask AED (introduction) Adult/ Child AED (optional) 1-rescuer Infant CPR and choking (optional)	Designed by the instructor to meet the needs of an individual or group, incorporating any of the CPR, AED and/or choking skills..	1-rescuer Adult/Child CPR Adult/child choking Barrier device/pocket mask AED (introduction) Adult/Child AED (optional) 1-rescuer Infant CPR and choking (optional)
Manual Used	CPR in Schools	CPR for Family & Friends	CPR for Family & Friends
Time Requirements²	Registration Course: Approximately 4 hours No Renewal Course	Registration Course: Dependent on the information and/or skills taught No Renewal Course.	Registration Course: Approximately 2.5 hours No Renewal Course.
Course Completion Requirements	Demonstrate competency in 1-rescuer Adult/Child CPR (and AED, if required). 1-Rescuer Infant CPR competency evaluation (optional) Written evaluation is optional. Formal competency evaluation and written evaluation (must achieve >84%) may be required by the school as part of the evaluation process.	Demonstrate competency in the skills taught in the course Written evaluation is optional.	Demonstrate competency in 1-rescuer Adult/Child CPR (and AED, if required). 1-Rescuer Infant CPR competency evaluation (optional) Written evaluation is optional.
Purpose	Life skill ³ Requisite ⁴	Life skill	Life skill

¹ Refer to Section 2.2.1: Basic Life Support (BLS) Providers for the description of these categories. It will be the function of the Instructor and/or provincial HSF to determine if the course is appropriate to the participant requesting the training.

² Time suggested is for core course material. If optional modules are taught, additional time must be added.

³ “Life Skill” means this course may be taken because of interest, personal need (e.g., family/friends have heart condition) etc. These courses are not intended for First Responders or Health Care Providers.

⁴ “Requisite” means this course may be taken because of a Junior or Senior High School education program requirement.