

## **📖 BLS Training Course Curriculum (4hour)**

### **Hour 1: Introduction & Emergency Recognition**

- **Overview of BLS**
  - Why BLS matters in schools/colleges
  - Chain of survival
- **Scene Safety & Emergency Recognition**
  - Identifying cardiac arrest, respiratory distress, choking
  - Calling for help (activating EMS)

### **Hour 2: CPR Basics**

- **Hands-only CPR (for laypersons)**
  - Adult CPR practice
- **CPR with rescue breaths**
  - Child and infant modifications
- **Practice drills**
  - Individual and group scenarios

### **Hour 3: AED & Choking Management**

- **Automated External Defibrillator (AED)**
  - Demonstration and hands-on practice
  - Integration with CPR
- **Choking Response**
  - Adult choking: Heimlich maneuver
  - Child choking: abdominal thrusts
  - Infant choking: back blows and chest thrusts
  - Practice with mannequins

## **Hour 4: Team Dynamics & Assessment**

- **Team-based response**
  - Coordinating roles in emergencies
  - Communication skills
- **Simulation Drills**
  - Cardiac arrest scenario with AED
  - Choking scenario in classroom
- **Assessment & Certification**
  - Practical evaluation
  - Feedback and Q&A