



Basic Life Support Instructor Course

Fact Sheet

Course Purpose

The purpose of the American Red Cross Basic Life Support Instructor course is to train instructor candidates to teach the basic-level American Red Cross Basic Life Support course.

Course Prerequisites

Basic Life Support Instructor candidates must possess a current basic-level certification in Basic Life Support or equivalent.

Course Objectives

- Exhibit the characteristics required of an American Red Cross representative and role model.
- Follow the directives and procedures related to the conduct and administration of American Red Cross courses, including the Instructor Trainer Agreement and Instructor Trainer Code of Conduct.
- Conduct courses in a manner that helps participants to stay engaged in the learning process and meet course objectives.
- Perform applicable basic life support (BLS) skills to the standard at instructor-level skill proficiency.
- Plan for and ensure participants' health and safety during training.
- Maintain complete and accurate records and reports.
- Plan, organize and conduct the Basic Life Support course in accordance with Red Cross policies and procedures and the requirements of the specific class they will be teaching.
- Monitor participants' practice, evaluate performance and provide corrective feedback and encouragement that is consistent with the skill assessment tools (i.e., skill practice sheets, practice scenarios and testing scenarios).
- Recognize that the requirements in the skill assessment tools are criteria for ascertaining the proficiency of a participant's performance.
- Effectively use program materials and training equipment.

- Explain procedures for acknowledging course completion and accessing American Red Cross digital certificates.
- Deliver quality, consistent and standardized content by following the Basic Life Support instructor manual(s) and other program materials.

Course Length

The Basic Life Support Instructor Course is offered in a blended learning format that includes:

- Basic Life Support Instructor Course online session—designed to be completed in approximately 2 hours.
- Basic Life Support Instructor Course in-person session—designed to be completed in approximately 5 hours.

Instructor

Instructors must hold a Basic Life Support instructor trainer certificate in order to teach the Basic Life Support Instructor Course. Specific information on eligibility and instructions on how to receive a BLS Instructor Trainer certification can be found on Instructor's Corner.

Certification

Participants who successfully complete the BLS instructor course will be issued a Basic Life Support Instructor certification that is valid for two years.

Course Materials

Basic Life Support Instructor Candidates should obtain and review the following course materials prior to attending the Basic Life Support Instructor Course:

- American Red Cross Basic Life Support Instructor's Manual for Instructor-Led Training
- American Red Cross Basic Life Support Instructor's Manual for Blended Learning
- American Red Cross Basic Life Support Participant's Manual
- American Red Cross Basic Life Support Course videos, available on the Course Presentation, [DVD](#) or video segments on Instructor's Corner

Digital materials are available on the Basic Life Support Instructor Candidate's page of Instructor's Corner (instructorscorner.org/s/candidate-basic-life-support-19). Print materials are available for purchase on the Red Cross Store (redcross.org/store)