

BLS / HeartSaver New Instructor Requirements

Prerequisites / Course Details

Thank you for your interest in American Heart Association (AHA) BLS Instructor Training.

The following information outlines the course prerequisites, required skill proficiencies, and what you need to do to become a BLS Instructor.

Course Prerequisites:

- Hold a current American Heart Association BLS Provider certification card. Certification cards from non-AHA programs will not be accepted
- Alignment with an AHA Training Center: Instructors are required to be aligned with a Training Center. Please, create an account on the AHA Atlas Instructor Network ([use this link-Atlas](#)) and upon successful completion of your course monitoring session you will be able to request alignment with us. Important: Sign up with the same email address that you plan to enter on our in-class course roster.
- Complete the AHA BLS Instructor Essentials Online course. ([Use this link- 20-1420](#)). **Important:** You must print the certificate of completion from the online portion for entry into the classroom/hands-on portion. You can email it in advance to: admin@mytcportal.online.
- The BLS Instructor manual will be required in order to complete the online/in-person training. ([Can be purchased here](#))
- Possess excellent BLS Provider skills and Heartsaver CPR and First Aid skills

In Person Course Details

- Pass the BLS Provider Exam with an 84% or greater
- Pass the BLS Instructor Essentials Exam with an 84% or greater
- Pass the Adult / Infant skills checkoff

Required Skill Proficiencies

- 1 and 2-rescuer Adult BLS
- 1 and 2-rescuer Infant BLS
- Lay rescuer Adult CPR/AED (Heartsaver CPR)
- Lay rescuer Infant CPR (Heartsaver CPR)
- Removing Gloves (Heartsaver First Aid)
- Finding the Problem (Heartsaver First Aid)
- Using an Epinephrine Pen (Heartsaver First Aid)
- Stopping Bleeding and Bandaging (Heartsaver First Aid)

Course Monitoring & Training Center Alignment Fee

The final part of BLS Instructor training consists of the candidate teaching a portion of a BLS class and being monitored by one of our Training Center faculty members. After successfully completing this portion, the candidate will be issued a BLS Instructor certification card. Candidates must be monitored teaching within 6 months of their instructor course. If the candidate does not complete the course monitoring session within 6 months of completing the instructor training, the instructor course must be taken again.

How to Prepare for the AHA BLS Instructor Course

1. Practice, practice, practice your skills! The BLS Instructor Manual contains a skill check-off sheet that you will use to evaluate your own students. You can also view/download them at: www.MyTCPortal.online. Skills are explained step by step. Study the skills check list and practice the skills yourself. You can also re-watch the AHA BLS and Heartsaver course videos.
2. Read through your entire AHA BLS Provider Instructor Manual.
3. Read through your entire AHA BLS Provider Student Manual.
4. Read through your entire AHA Heartsaver First Aid CPR AED Student Manual.

Required Instructor Course / Teaching Materials

These materials must be obtained before the start of your class. They can be obtained at <https://shopcpr.heart.org/>. The BLS Provider Instructor Manual is required to be on hand in order to complete the BLS Instructor Essentials Online training*.

- AHA 2020 BLS Provider Instructor Manual
- AHA 2020 BLS Provider Student Manual
- AHA 2020 BLS Provider Course Video (DVD or streaming version)

If instructors wish to conduct Heartsaver CPR & First Aid programs, the following materials are required:

- Heartsaver First Aid CPR/AED Instructor Manual
- Heartsaver First Aid CPR/AED Provider Course Video (DVD or streaming version)
- Heartsaver First Aid CPR/AED Student Manual (the Heartsaver Student Manual is highly recommended to help prepare for the BLS Instructor Training).

Questions? Send us an email at heartsaverstraining@gmail.com