Basic Life Support for Health Care Providers teaches skills using the American Heart Association’s proven Practice-While-Watching technique, which allows instructors to observe students, provide feedback and guide students through acquisition of skills. Course covers the following:

- Key changes in basic life support, reflecting the new science from the 2010 AHA Guidelines
- Critical concepts of high-quality CPR
- The American Heart Association Chain of Survival
- Rescuer CPR and AED for adult, child and infant
- 2-Rescuer CPR and AED for adult, child and infant
- Differences between adult, child and infant rescue technique
- Bag-mask techniques for adult, child and infant
- Rescue breathing for adult, child and infant
- Relief of choking for adult, child and infant