



Basic Life Support

Hilo Benioff  Medical Center

2026 Course Offerings

January 6th & 20th
February 3rd & 17th
March 3rd & 24th

April 7th & 28th
May 12th & 26th
June 9th & 23rd

July 7th & 21st
August 4th & 18th
September 1st & 15th

October 13th & 27th
November 10th & 24th
December 8th & 29th

Course Purpose

The American Red Cross Basic Life Support (BLS) course provides participants with the knowledge and skills they need to assess, recognize and care for patients who are experiencing respiratory arrest, cardiac arrest, airway obstruction or opioid overdose. When a patient experiences a life-threatening emergency, healthcare providers need to act swiftly and promptly. The course emphasizes providing high-quality care and integrating psychomotor skills with critical thinking and problem solving to achieve the best possible patient outcomes.

Course Prerequisites

HBMC employees must pass High Performance CPR Course in Health Academy to be eligible for skills verification.

Course Objectives

- Apply concepts of effective teamwork when caring for a patient experiencing a life-threatening emergency.
- Integrate communication, critical-thinking and problem-solving skills during a high-performance BLS team response.
- Apply a systematic, continuous approach to assess, recognize and care for adults, children and infants experiencing a life-threatening emergency.
- Perform a rapid assessment for responsive and unresponsive adults, children and infants.
- Effectively care for adults, children and infants in respiratory arrest.
- State the principles of high-quality CPR for adults, children and infants.
- Identify BLS differences among adults, children and infants.
- Provide high-quality chest compressions for adults, children and infants.
- Deliver effective ventilations to adults, children and infants using a pocket mask and bag-valve-mask (BVM) resuscitator.
- Demonstrate effective use of an automated external defibrillator (AED) for adults, children and infants.
- Provide high-quality BLS care for adults, children and infants in single- and multiple-provider situations.
- Deliver effective abdominal thrusts, back blows and chest thrusts for adults, children and infants with airway obstruction

ALS Blended Learning

The online session is designed to instruct participants in the knowledge-based aspects of the course and introduce them to the skills they will practice and master during the in-person skills session. The online session also includes a final exam to test participants' cognitive understanding of basic life support. Subsequently, the in-person skills session focuses on hands-on skill practice and scenario-based team response practice and testing.

Participant Materials

The Basic Life Support Participant's Manual is provided for participants taking the BLS Blended Learning course through hStream, may be downloaded from www.redcross.org, or purchased from the Red Cross Store (www.redcross.org/store).

Certification

Participants who successfully complete the BLS course will be issued a Basic Life Support certification that is valid for two years. To successfully complete the BLS BL course you must:

1. Complete the Online session, which includes: Successfully completing each lesson, including the post-assessment as well as successfully passing the Online final exam.
2. Attend and actively participate in the in-person skills session, during which you must: demonstrate competency in all required skills as well as competency in leading a team response during the team response testing scenarios.

Registration

For assistance with registration HBMC Employees please contact unit manager, educator or simulation coordinator (808)932-3284. Non-employees may visit <https://www.hilomedicalcenter.org/education-and-recertification/>

Fees

East Hawaii Region employees (HBMC, HHH, Ka'u) are FREE! All other students are responsible for payment. Participants will receive access to Online content and be registered for a Skills Verification Class a once payment is received.