**FAQs FOR LLSC TRAINING COURSES**

**What is involved with the Basic Life Support course?**

• High-quality CPR for adults, children, and infants

• The AHA Chain of Survival, specifically the BLS components

• Use of an AED

• Effective ventilations using barrier devices (pocket mask and bag valve mask)

• Importance of a team approach during multi-rescuer resuscitation

• Relief of foreign-body airway obstruction (choking) for adults, children, and infants

• Meets requirements for all healthcare professionals (nurses, physical therapists, athletic   
 trainers, EMTs, dental assistants, etc.)

**Who should take the Basic Life Support course?**

Anyone who wishes to become or already is a healthcare professional.

**Who should take the Heartsaver CPR and/or First Aid course?**

Anyone with little or no medical training who needs or wants to be certified in CPR and/or First Aid (teachers, coaches, industrial workers, etc.) These courses can also be taken by anyone who wants to be prepared for an emergency in any setting.

**What is the difference between the Instructor-Led and Heartcode Basic Life Support Courses?**

* The Instructor-Led course includes video instruction, simulated clinical scenarios, and learning stations. Students work directly with an AHA Instructor to complete BLS skills practice and skills testing. Students also complete a written exam.
* The Heartcode course involves a separate on-line portion (cost per AHA). Once the student finished the on-line portion, he/she needs to schedule a session with an AHA instructor for the hands-on skills assessment ($20 through the Lynchburg Lifesaving Crew).

**What are the costs?**

The Lynchburg Life Saving Crew is a non-profit agency that relies on donations to allow us to do our work in the community. There are suggested donation amounts posted on our website. We ask those who are seeking certification to consider the staff time, cost of equipment, cost of certification cards, etc.…when donating to cover the cost of education. Your support is appreciated!!

**What happens after I register?**

The Education Coordinator from LLSC will contact you with detailed information on the class and to confirm your spot. Once your registration is confirmed, you can make your donation for the class.

**How long are the courses?**

The course duration depends on the course type and number of persons signed up for the class. The most common course is the Basic Life Support recertification course which lasts 2 1/2 hours. Space is limited to ensure quality skill development for each student.

If you should have additional questions, please contact Dr. Emily Evans at rescue9training@gmail.com.