



# INTERIOR REGION EMERGENCY MEDICAL SERVICES COUNCIL, INC.

2503 18<sup>th</sup> Avenue • Fairbanks, Alaska 99709  
Phone (907) 456-3978 • Fax (907) 456-3970

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## Dear BLS Instructor Candidate,

The BLS Instructor Course for which you are registered will meet at Interior Region EMS Council at 2503 18<sup>th</sup> Ave on August 28, 2019. Class will be held from 8:30am-4:30pm.

## How to Get Ready

The AHA Instructor Course is designed to teach the methods needed to effectively instruct others in BLS and Heartsaver courses. The AHA requires that instructors be at least 16 years of age to attend Heartsaver Instructor and BLS instructor courses. Before you show up for class, you are expected to have mastered the cognitive subject matter and the skills needed to teach BLS. Class time will be spent on *how* to teach rather than the knowledge of CPR that you already have.

## Precourse Requirements

You should prepare for the course by doing the following:

1. Instructor Candidates will be required to pick-up course materials prior to the start of course. All materials are available at IREMSC.
2. The Instructor Candidate takes the “Heartcode BLS” self-directed online course. Certificate must be given to the training center prior to start of the course.
3. The Instructor Candidate takes the self-directed online “Instructor Essentials” portion in his or her chosen discipline. Certificate must be given to the training center prior to start of the course.
4. Ensure that your BLS skills and knowledge are current for the resuscitation scenarios. You will be tested on adult high-quality BLS skills at the beginning of the Instructor Course.
5. In order to be eligible to participate in this program, you must have a valid “AHA BLS for Healthcare Provider” card. You must provide a copy of your current card to the training center prior to the start of the course.
6. The Instructor Candidate takes the hands-on session conducted by training center faculty.

## What to Bring and What to Wear

Bring your *BLS Provider Manual* and your *BLS Instructor Manual* to the course. You will need them during each lesson in the course and as a resource when doing the scenarios.

Please wear loose, comfortable clothing to class. You will be practicing skills that require you to work on your hands and knees, and the course requires bending, standing, and lifting. If you have any physical condition that might prevent you from engaging in these activities, please tell an instructor. The instructor may be able to adjust the equipment if you have back, knee, or hip problems.

We look forward to welcoming you on August 28th. If you have any questions about the course, please call Kimberlee Johnson at 907-456-3978.

Sincerely,

Kimberlee Johnson  
Training Coordinator