



BLS / CPR INSTRUCTOR

The **BLS** Instructor course teaches the methods needed to effectively instruct others in resuscitation. The AHA requires BLS instructors be at least 16 years of age.

Step One / Prerequisites

1. Current AHA BLS Provider Card
2. Complete BLS Instructor Essentials Online Course (Print Certificate)
3. Obtain the BLS Instructor Manual
4. Register for a BLS Instructor Class

Step Two / Attend the Instructor Course

Attend an American Heart Association's BLS for Healthcare Providers Course Instructor Course. Bring the documents listed above to the instructor course.

Step Three / Get Monitored Teaching

Receive your BLS Instructor after being monitored successfully teaching an assigned section of a BLS/CPR Course. We offer these courses daily so you can be monitored within a few days of completing your instructor class. (Instructor cards are received approximately 10 days after being monitored).

Additional Information

Unless notified otherwise, instructor students will automatically be aligned with our training center. BLS instructors may begin teaching courses independently once their instructor card is received.

ACLS INSTRUCTOR

ACLS Instructors must be at least 18 years of age and licensed / certified in a healthcare occupation where the skills are within the provider's scope of practice.

Step One / Prerequisites

1. Current AHA ACLS Provider Card
2. Current AHA BLS Provider Card (BLS Instructor Status highly encouraged and required by most AHA Training Centers & Express Training Solutions.
3. Complete ACLS Instructor Essentials Online Course (Print Certificate)
4. Obtain the ACLS Instructor Manual
5. Register for a ACLS Instructor Class

Step Two / Attend the Instructor Course

Attend an American Heart Association's ACLS Instructor Course. Bring the documents listed above to the instructor course.

Step Three / Get Monitored Teaching

Receive your ACLS Instructor after being monitored successfully teaching an assigned section of an ACLS Course. We offer ACLS Courses several times weekly so you can be monitored soon after completing your instructor class. (Instructor cards are received approximately 10 days after being monitored).

Additional Information

Unless notified otherwise, instructor students will automatically be aligned with our training center. ACLS and PALS instructors may be an assistant instructor until Course Director status is achieved (after teaching approximately 8 classes).

PALS INSTRUCTOR

PALS Instructors must be at least 18 years of age and licensed / certified in a healthcare occupation where the skills are within the provider's scope of practice.

Step One / Prerequisites

1. Current AHA PALS Provider Card
2. Current AHA BLS Provider Card (BLS Instructor Status highly encouraged and required by most AHA Training Centers & Express Training Solutions.
3. Complete PALS Instructor Essentials Online Course (Print Certificate)
4. Obtain the PALS Instructor Manual
5. Register for a PALS Instructor Class

Step Two / Attend the Instructor Course

Attend an American Heart Association's PALS Instructor Course. Bring the documents listed above to the instructor course.

Step Three / Get Monitored Teaching

Receive your PALS Instructor after being monitored successfully teaching an assigned section of a PALS Course. We offer the PALS Course several times weekly so you can be monitored soon after completing your instructor class. (Instructor cards are received approximately 10 days after being monitored).

Additional Information

Unless notified otherwise, instructor students will automatically be aligned with our training center. ACLS and PALS instructors may be an assistant instructor until Course Director status is achieved (after teaching approximately 8 classes).

Instructor Essentials Course - The American Heart Association's Instructor Essentials Course can be found at www.OnlineAHA.org. The course takes approximately 1-2 hours to complete. Please complete the appropriate, discipline specific course (BLS, ACLS, or PALS) and bring your completion certificate with you to your instructor course.

Continuing Education - This course is approved for 8 hours of Continuing Education Credit for most professions. Please see our website for a more details.

Additional Questions - Please see the [reverse side](#) of this flyer for additional information. In addition, you may call Express Training Solutions at 888.815.0313 or visit our website at www.ExpressTraining.net

FAQ AHA Instructor Training

What can I do as an AHA instructor?

There are many reasons people choose to become an instructor. You can teach for your employer, start your own business, provide a community service, improve your resume, increase your knowledge base, or simply for the personal satisfaction of teaching and helping others.

What is included in the instructor course fee?

The course fee includes the instructor course, student monitoring, the AHA instructor card, and CE credit.

What is the Instructor Essentials Course (Prerequisite)?

The BLS, ACLS or PALS Instructor Essentials is an online course that all AHA instructor candidates are required to complete in order to become an instructor. The course can be completed at home prior to the instructor course and usually takes about 1-2 hours to complete. To purchase and complete the Essentials Course visit www.onlineaha.org. Please make sure that you print your completion certificate and bring it with you to your instructor course.

Where can I purchase the Instructor Manual?

The American Heart Association requires that all instructor candidates have the current instructor manual. Manuals may be purchased with your course registration or online (Channing Bete, Laerdal, or World Point).

How soon after the instructor course will I receive my instructor card?

During the instructor course students will sign up for student teaching during an assigned section of an upcoming provider course. All courses are offered frequently so this can be usually be done quickly. However, you must be monitored teaching within 6 months of the instructor course. Once you have successfully completed your student teaching all paperwork will be sent for processing and you will receive your BLS, ACLS or PALS instructor card in about 10 days.

Once I receive my card, can I start teaching independently?

BLS instructors can organize and offer classes immediately after receiving their BLS Instructor card. **ACLS** and **PALS** instructors may teach a provider course along with a Course Director. Course director status is required to teach the provider course independently and requires additional monitoring as an assistant instructor (approximately 8 courses).

How do I process course paperwork and obtain cards to issue my students?

All AHA instructors, regardless of discipline must be aligned with a Training Center for course paperwork and issuance of cards. The Training Center is responsible for ensuring that instructors are compliant and teaching within guidelines and standards set by the AHA. Policies vary between Training Centers regarding paperwork and card processing. Details regarding our Training Center's policies will be provided during the instructor course.

How do I align with a Training Center?

If you do not have an agreement with a Training Center before your instructor course, you will automatically be aligned with our Training Center.

Can I transfer my alignment at a later time?

Yes, your instructor status can transfer or you may be dual aligned with another training center.

How do I maintain my instructor status?

Your instructor card is valid for 2 years. The AHA requires instructors to teach a minimum of 4 course during the 2 year period to be eligible for renewal. Your aligned Training Center may have additional requirements.

Who can I contact if I have additional questions regarding the instructor course?

You can contact Express Training Solutions directly via email or telephone.

- info@expresstraining.net
- 888.815.0373

Additional information is available on our website, www.ExpressTraining.net