



ΣΕΜΙΝΑΡΙΟ BLS



Duration minimum timing	Activity	Location
	Registration	
15 min	Plenary introduction and welcome to the BLS with the use of an AED course	Course Director
20min Flexible/minimum timing (see footnote)	BLS demonstration Stage 1 (real-time demo) Stage2 (commentary)	Plenary
15 min	Stage 3 (instructor demonstration with candidates' commentary)	Groups
60 min	Stage 4: Practice until AED arrives	Groups
15 min	Break	Plenary
70 min	Stage 4: Practice when AED arrives	Groups
	Break (optional)	
10 min	Recovery Position Stage 1 (real-time demo) Stage 2 (commentary)	Plenary
15 min	Stage 3 (instructor demonstration with candidates' commentary) Stage 4: Practice	Groups
20 min	FBAO-Choking Demonstration and practicing	Groups
20 min	BLS Test Questions Optional and if applicable	Plenary individual
15 min	Questions and Answers Summary and closure	Plenary