

Should I take Standard First Aid, CPR-A, CPR-C, or BLS?

Basic Life Support (BLS) is the required CPR course, as this is the healthcare provider level of CPR. Intermediate First Aid (Standard First Aid), CPR-A, and CPR-C are for lay providers. Please take a BLS course.

From which organization should I take BLS?

The 5 recognized organizations in Canada that offer BLS include: Heart & Stroke Foundation, Lifesaving Society, Canadian Red Cross, St. John Ambulance, and Canadian Ski Patrol. Taking BLS from any of these organizations will fulfill UME requirements. However, only BLS from Heart & Stroke Foundation can be used as a prerequisite for ACLS (Advanced Cardiovascular Life Support) and PALS (Pediatric Advanced Life Support) courses from Heart & Stroke Foundation. Advanced life support courses such as ACLS and PALS are prerequisites to some residency programs.

How long is BLS current for?

BLS is current for 1 year.

At what time points will UME be checking on my BLS status?

1. Admission to UME
2. In June of Year 2 and 3

Please note: it is the students' professional responsibility to make sure their BLS is kept current and does not expire throughout their schooling.

I am already a First Aid Instructor or BLS Instructor. Do I need to take BLS?

The UME will need proof or confirmation from the organization that your Instructor designation covers the candidate level BLS certification. Each organization differs regarding whether BLS Instructor status covers BLS certification. For Heart & Stroke Foundation, BLS Instructor status can be taken as equivalent to BLS certification. For Lifesaving Society, First Aid Instructor status does not necessarily mean BLS certification status; the Instructor must hold a candidate level BLS certification to be able to teach BLS.

I am certified in ACLS and/or PALS, but my BLS is expired. Do I need to take BLS, since BLS was a prerequisite to get into ACLS and/or PALS?

Yes, you still need to take BLS annually. BLS is the foundation of ACLS and PALS. BLS requires annual refreshing to maintain CPR knowledge and skills.

I already have medical background, as I am a certified healthcare professional (e.g. nursing, paramedicine, dentistry, optometry, physiotherapy, occupational therapy, social work, etc.). Do I still need to take BLS?

Yes, you still need to take BLS annually. BLS requires annual refreshing to maintain CPR knowledge and skills.

I do not have, or cannot find, a physical or digital proof of BLS completion. What should I do?

Most organizations have a method of searching up your proof of certification, through their website. You will generally need an account or ID number. If you cannot locate your proof of certification online, please contact the organization under which you received certification.

Does my BLS get reimbursed?

BLS is not covered as part of school tuition, so it does not get reimbursed.

Will UME accept BLS certifications taken outside of Canada?

Course curriculum and approved organizations may differ internationally. Please send UME a copy of the BLS certification and course information for a review.

How/when do I submit proof of my BLS CPR?

Proof of BLS CPR should be sent in with your Immunization Worksheet and Immunization Documents at admission.

Who can I address further questions to?

Questions regarding UME BLS requirements:

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