Please plan to arrive on time, because it will be difficult for late students to catch up once we start. Students are expected to attend and participate in the entire course.

1. Visit https://elearning.heart.org/
2. Find the course name Pediatric Advanced Life Support (PALS).
3. Select PALS Precourse Self-Assessment and Precourse Work Launch Course to begin.

Note: If you haven't already logged in, the system will ask you to do so. If you haven't visited the site before, you'll be prompted to set up an account.

How to Get Ready

The PALS Course will teach you the lifesaving skills required to be both a team member and a Team Leader in either an in-hospital or out-of-hospital setting. Because the PALS Course covers extensive material in a short time, you will need to prepare for the course beforehand.

Precourse Requirements

You should prepare for class by doing the following:

1. Review and understand the information in your PALS Provider Manual.
2. Review, understand, and pass the mandatory precourse self-assessment. Print your certificate and bring it with you to class.
3. Ensure that your BLS skills and knowledge are current for the resuscitation scenarios. At the beginning of the PALS Course, you will be tested on adult high-quality BLS skills, using a feedback manikin. You must know these skills in advance because the PALS Course will not teach you how to do CPR or use an AED.

What to Bring and What to Wear

Bring your PALS Provider Manual to class. You will need it during each lesson in the course. You may wish to purchase the AHA's Handbook of Emergency Cardiovascular Care for Healthcare Providers (optional), which you may bring to class to use as a reference guide during some of the learning stations.

Please wear loose, comfortable clothing to class. You will be practicing skills that require working on your hands and knees, 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 seeing you in class! If you have any questions about the course, please call Attentive Safety CPR and Safety Training at 1-877-531-2226.