



American  
Heart  
Association.

## EMERGENCY CARDIOVASCULAR CARE (ECC)

With more than 400,000 Instructors across 3,500 Training Centers in 92 countries, the American Heart Association is the world's largest--and most trusted--provider of resuscitation training.



## Guidelines

Every five years, the American Heart Association releases the Guidelines for Cardiopulmonary Resuscitation (CPR) and Emergency Cardiovascular Care (ECC). The 2025 Guidelines were published on 22 October 2025.

## Lifesaving Courses

The Guidelines inform the AHA's basic to advanced life-saving courses. These courses are evidence-based, science-backed, and straight from the source.

## Our Courses



**Heartsaver®  
First Aid CPR AED**



**Basic Life  
Support (BLS)**



**Advanced  
Cardiovascular  
Life Support (ACLS)**



**Pediatric  
Advanced Life  
Support (PALS)**

Learn more: [international.heart.org/courses](https://international.heart.org/courses)