

BLS Recertification CE Worksheet

Virginia Office of EMS
 Division of Educational Development
 1041 Technology Park Drive
 Glen Allen, VA 23059

804-888-9120

Certified/Recertified prior to October 1, 2016 (2012 NCCP)

National Continued Competency Requirements (NCCR) Cat. 1	Area #	Hours Required		Hours you have now	Hours Still Required
		EMR/FR	EMT		
Airway, Oxygenation and Ventilation	11	2	4		
Cardiovascular	12	2	6		
Trauma	13	1	2		
Medical	14	3	6		
Operations	15	0	2		
Total Category 1 (NCCR) Hours		8	20		
Category 2 Hours	(Local continued competency Requirements (LCCR) (Individual continued Competency Requirements (ICCR))				
LCCR/ICCR Hours		8	20		
Total Hours		16	40		

Certified/Recertified on or after October 1, 2016 (2016 NCCP)

National Continued Competency Requirements (NCCR) Cat. 1	Area #	Hours Required		Hours you have now	Hours Still Required
		EMR/FR	EMT		
Airway, Oxygenation and Ventilation	11	1	1.5		
Cardiovascular	12	2.5	6		
Trauma	13	0.5	1.5		
Medical	14	3	6		
Operations	15	1	5		
Total Category 1 (NCCR) Hours		8	20		
Category 2 Hours	(Local continued competency Requirements (LCCR) (Individual continued Competency Requirements (ICCR))				
LCCR/ICCR Hours		8	20		
Total Hours		16	40		