

Save A Life Commitment

I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ commit to **share information** and teach at least 5 people about how to save a life by:

1. Stop to respond when a person does not respond to their name or breathe normally
2. Boldly telling someone to call 911 promptly
3. Remaining calm and taking charge until help arrives
4. Using compression only CPR at 100 beats per minute
5. Continuing compressions until a professional arrives or until someone else can begin compressions
6. Sending someone for an AED if I know there is one nearby
7. Telling whoever I teach that they should teach other members of their family just as I have shown them
8. Telling them where they can find more information if they have questions. [www.illinoisheartrescue.com](http://www.illinoisheartrescue.com)

I taught someone to save a life:

1. Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_     Date\_\_\_\_\_\_\_\_\_\_\_  Their age\_\_\_\_\_\_\_
2. Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_     Date\_\_\_\_\_\_\_\_\_\_\_  Their age\_\_\_\_\_\_\_
3. Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_     Date\_\_\_\_\_\_\_\_\_\_\_  Their age\_\_\_\_\_\_\_
4. Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_     Date\_\_\_\_\_\_\_\_\_\_\_  Their age\_\_\_\_\_\_\_
5. Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_     Date\_\_\_\_\_\_\_\_\_\_\_  Their age\_\_\_\_\_\_\_

School: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_