

**Independent Living Program Activity Card**

**Category: DAILY LIVING**

**Activity: Get CPR/First Aid Certified**

**Description:** The objective of this assignment is to encourage you to become CPR & First Aid Certified. Having basic emergency response knowledge means you are better prepared to respond in an emergency situation, assist those in need, or even save a life.

**You may earn \$16.00 OF dollars for completing this assignment. \$8 for a CPR certification & \$8 for a First Aid certification. Please turn in a copy of your signed CPR/First Aid card as proof of attending and passing the class.**

Total Dollars Earned:

\$
(ILP Use Only)

Notes:
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Date: \_\_\_\_\_

_____ Youth Signature	_____ Date of Birth
_____ Print Name (Youth)	_____ Group Home (If Applicable)

<b>Receipt</b>
(ILP Use Only)

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## Get CPR / First Aid Certified

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### Why Get Certified

Just imagine...

- You're at home with your friends watching a movie and eating some popcorn; when all of a sudden someone starts to choke.
- Your child is running around the room screaming and laughing all hopped up from the sugar in the little/hard candies he has been shoveling in his mouth; then, suddenly the room becomes silent.
- You're at home cooking dinner when the phone rings. You're trying to hold the phone, check in the oven and stir three pots all at the same time; when what happens next...you burn your hand on the scolding hot oven door.
- You're at work, on your way to lunch, when you turn the corner you discover one of your co-workers lying unconscious on the floor.

Would you know what to do? Being Cardio Pulmonary Resuscitation (**CPR**) and First Aid Certified you spring in to action. In an emergency situation you will be better prepared and able to assist those in need until the proper authorities arrived.

### Who Can Be Certified

From young and old, big and small, the girl next door to the CEO of a major corporation. There is no specific category that is best. Whoever is physically capable to perform the function of CPR & First Aid is eligible to become certified.

### How to Get Certified

- You must attend and pass a CPR/First Aid class to become certified.
- There will be a fee to attend.
- To find a class near you, visit the following websites:
  - Red Cross [www.redcross.org](http://www.redcross.org)
  - Or call the Orange County Office at (714) 481-5300
  - American Heart Association [www.americanheart.org](http://www.americanheart.org)
  - Or call 1-877-AHA-4CPR (1-877-242-4277)
- To stay certified you will need to re-attend a CPR/First Aid class every two years, by your anniversary date (the date in which your card expires).