

Independent Living Program Activity Card

Category: IMPORTANT DOCUMENTS

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.

How do I get credit for this assignment?

- Read through all of the information provided
- Complete a CRP and/or First Aid Training.
- Email a copy of your CPR/FirstAid card along with this cover sheet to: Michelle Estrada at mestrada@orangewoodfoundation.org

You may earn up to \$20.00 OF dollars for completing this assignment. \$10 for a CPR certification & \$10 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:	Goal: 10:7
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Date: _____

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

Receipt
(ILP Use Only)

Get CPR / First Aid Certified

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
 - Or call the Orange County Office at (714) 481-5300
 - American Heart Association 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).