

Empowering the Next Generation

Emergency Preparedness Program



About **One Life CPR**

At One Life CPR, we take pride in being a family-owned, Christ-centered CPR training company dedicated to empowering individuals with lifesaving skills. What sets us apart is our personal approach to education, offering a wide variety of classes tailored to meet the unique needs of healthcare professionals, businesses, schools, and families. Our instructors are not only AHA certified and highly experienced, but are also passionate about creating a supportive, faith-driven environment where everyone feels confident and prepared to respond in critical moments. With a commitment to excellence, integrity, and community, we go beyond just teaching techniques - we inspire hope and preparedness that can make a difference in the next generation.

- ✓ Monthly Lesson Plans covering new topics
- ✓ Our sessions are tailored for each age group
- ✓ Focus on positive reinforcement
- ✓ Collaboration with parents and co-ops
- ✓ Positive Christ-centered curriculum
- ✓ Scenario practice after each lesson

Key Components of Our Curriculum



Basic Emergency Knowledge

Recognizing potential dangers like fire, floods, tornadoes, and severe weather.

Understanding emergency terms like "evacuate," "shelter-in-place," and "lockdown"



Family Emergency Plan

Identifying a designated meeting place outside the home.

Creating a list of important contact numbers including parents, neighbors, and emergency services.

Discussing communication strategies during an emergency.



Hands-on Practice Scenarios

Fire drills: Practicing quick and safe evacuation routes

First Aid: Demonstrating how to respond to medical emergencies

Shelter-in-place drills: Learning how to stay safe indoors during severe weather



Age-appropriate Communication

Using simple language and visuals to explain emergencies

Role-playing scenarios to practice responses

Encouraging questions and open discussion about fears



Homeschool
Enrichment Program

Emergency Preparedness Program



Tuition & Fee Schedule



Little Heroes Safety Program

Approx. 1.5hours

Grades Kinder - 5th
Official One Life CPR
participation certificate for the
lesson learned

\$25/LESSON



Safe Sitter® Babysitting Cert.

Approx. 5hours

Grades 6+
Official One Life CPR
participation certificate for the
lesson learned & Safe Sitter®
Certification

\$135/LESSON

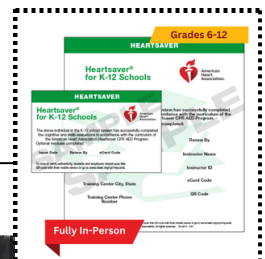


CPR Bootcamp

Approx. 4hours (half-day)

Grades 6+
AHA Heartsaver K-12
Certification & Official One Life
CPR participation certificate

\$85/SESSION



Serving Volusia, Sumter,
Seminole, and Lake County



onelifecpr.org



support@onelifecpr.org

Emergency Preparedness Program

Little Heroes Safety Program



CPR / First Aid

Handling common injuries, including bleeding, burns, and fractures.
Steps to assist someone who is choking.
Proper methods for performing CPR on adults, children, and infants.



House Fires

How to create and practice an effective home evacuation plan.
How to properly operate a fire extinguisher (PASS method).
Safe methods for exiting a building during a fire.
Understanding common causes of house fires.



Safe at Home

The importance of keeping doors and windows locked to prevent intruders.
Tips for preventing house fires, using fire extinguishers, and creating a fire escape plan.
Understanding potential hazards in the home and how to avoid them.



Cyber Safety

Tips for browsing safely, including recognizing secure websites and avoiding suspicious links.
Overview of cybersecurity and its importance
Recognizing, preventing, and responding to cyberbullying situations.



Weather Emergency

How to prepare for and stay safe during floods, including avoiding floodwaters and knowing the signs of flash flooding.
Essential items to include in an emergency kit, such as water, non-perishable food, flashlights, and first aid supplies.
Overview of various weather emergencies, including hurricanes, tornadoes, floods, and extreme heat.



Food Safety

Understanding food labels and expiration dates to ensure food is safe to eat.
The importance of washing hands, wearing gloves, and maintaining cleanliness while handling food.
Identifying common food allergens and understanding the importance of preventing cross-contact for allergic individuals.

Monthly lessons include:

- ✓ Lesson plan appropriate for audience's age
- ✓ A video or lab component
- ✓ Hands on activity
- ✓ Role playing or scenario component
- ✓ Take home activity to complete with parents
- ✓ Grades Kindergarten to 5th



Emergency Preparedness Program

Big Heroes Certified Classes

Safe Sitter® Babysitting Certification

Safe Sitter® prepares students in grades 6+ to be safe when they're home alone, watching younger siblings, or babysitting.

Students learn life-saving skills such as how to rescue someone who's choking, and helpful information like what to do if there's severe weather. The lessons are filled with fun activities and role-playing exercises. Students even get to use CPR manikins to practice choking rescue!

Here's a sample of what we are covering during our Safe Sitter® sessions:

- *Safety Skills: Learn to prevent unsafe situations and respond confidently to emergencies like severe weather or power outages.*
- *Child Care Skills: Learn behavior management, child development basics, and hands-on caregiving skills like diapering.*
- *First Aid & Rescue Skills: Learn to assess injuries and illnesses and respond to emergencies, including choking.*
- *Life & Business Skills: Build confidence screening jobs, discussing fees, communicating with families, and acting professionally.*

Safe Sitter® Babysitting session includes:

- ✓ Approx. 5 hours
- ✓ Light snack and drinks provided (students must bring lunch) - **Peanut Free Space**
- ✓ Safe Sitter® Babysitting Certification
- ✓ 20% discount towards AHA Certification
- ✓ Safe and welcoming environment with peers their age

Emergency Preparedness Program

Big Heroes Certified Classes

CPR Bootcamp for Middle - High Schoolers

The Middle and High School CPR program is a valuable initiative designed to equip students with life-saving skills. Held as a half-day course, the program teaches students the fundamentals of CPR, AED, and how to respond in emergency situations. Upon completion, students receive an AHA certification valid for two years, ensuring they are well-prepared to act in critical situations. The class only needs to be taken once, making it a convenient and effective way for students to gain crucial knowledge that can make a significant difference in emergencies. Students will be able to:

- *Describe how high-quality CPR improves survival*
- *Explain the concepts of the Chain of Survival*
- *Recognize when someone needs CPR*
- *Perform high-quality CPR for an adult*
- *Describe how to perform CPR with help from others*
- *Give effective breaths using mouth-to-mouth or a mask for all age groups*
- *Demonstrate how to use an AED on an adult*
- *Perform high-quality CPR for a child*
- *Demonstrate how to use an AED on a child*
- *Perform high-quality CPR for an infant*
- *Describe when and how to help a choking adult or child*
- *Demonstrate how to help a choking infant*

Heartsaver CPR session includes:

- ✓ Approx. 4 hours (Half-day)
- ✓ Light snack and drinks provided (students must bring lunch if desired) - **Peanut Free Space**
- ✓ AHA Heartsaver K-12 certification good for 2 years
- ✓ 15% discount towards BLS Certification
- ✓ Safe and welcoming environment with peers their age

Emergency Preparedness Program

Big Heroes Certified Classes

BLS & Heartsaver K-12 Certification for Middle - High Schoolers

In addition to our monthly Middle-High School CPR Bootcamp, our Big Heroes can also register for one of our regularly scheduled BLS or Heartsaver K-12 Certification classes.

Simply select the appropriate booking link located in our Service page and choose the date and time that works best for your student. Classes are offered almost daily, and parents are welcome to sit in with their student when seating is available.

Direct Pay using Step Up?

Families using Step Up PEP or UA funds can browse the available dates and times located in our Service page. Once you've selected the class that works best for your student, please contact us directly at support@onelifecpr.org or call/text 813-842-0655 to complete registration.

Please note: Funds must be reserved through the EMA Marketplace before we can finalize your student's registration (we are listed under **One Life CPR**).

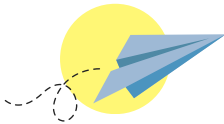
BLS & Heartsaver K-12 session includes:

- ✓ Classes offered daily, select time/date that works for you
- ✓ AHA Heartsaver K-12 OR AHA BLS certification good for 2 years



Empowering the Next Generation

Ways to Contact US



Directions

Classes are held monthly at:

112 West Indiana Ave, Ste 208 DeLand, FL 32720



Curriculum Site

Latest curriculum is uploaded at the start of each month at:

www.onelifecpr.org