

From: [White, James](#)
To: [Luma Diaz](#)
Subject: SB221 Testimony J. White
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Hello my name is James White and I am a middle school teacher from Juneau.

I'm here today in support of SB211 and to share my experiences teaching CPR to students.

I first learned the importance of having a population educated in how to provide cardiopulmonary resuscitation or CPR when my father-in-law passed away from an asthma induced cardiac arrest in 2018.

Through his unexpected death I learned that each second can be critical in cardiac situations and yet 70% of Americans are still hesitant to perform CPR because they have no training. I learned then that for every minute someone goes without heart compressions they can lose up to 10% brain function.

However I also learned that when people receive CPR immediately their odds of survival more than double and the likelihood that they don't suffer brain damage or other lasting harm increases significantly.

That next school year I incorporated the American Heart Association's Hands only CPR curriculum as part of the Life Skills course I was teaching.

For the last 5 years I've used that same curriculum to teach and train students in how to respond to cardiac arrest situations by providing CPR and using an automated external defibrillator AED when available.

It's been an extremely engaging and rewarding experience for me as an educator and community member.

In December of 2021 I had a student save his fathers life by providing hands-only CPR after a cardiac arrest.

The quick and immediate action the student took by checking for a pulse, calling 911 and providing chest compressions is the reason his father is alive today.

That student credited his ability and clear thinking directly to the learning and practice he was given during our CPR lessons only weeks beforehand.

This last Monday, February 26th I had another student provide CPR to their mother when she suffered from cardiac arrest in their home.

This student also credited her action and effectiveness in helping save her mother to the CPR lessons taught in our class last semester.

I am in full support of this bill which would mandate CPR training for all students across our state.

Educated and empowered students are incredibly valuable to a community and by providing lessons like CPR that are relevant and life saving, we make our communities even safer.

As you contemplate the adoption of this bill I hope you consider my students and their families who were kept together by providing lessons in CPR in our public schools.

As a classroom teacher, I've seen the benefits of these lessons, but I also know they can't happen without consistent funding from our state.

Unfortunately, in December of 2023, the Life Skills course where students learned CPR was cut due to a lack of funding. Students in our district are no longer offered the chance to learn CPR like they had been. So along with my support for this Bill, I also ask that you support the BSA funding to support teachers teaching this CPR curriculum in our schools.

The decision is in your hands to empower others to use their hands to save lives, every second matters.

Thank you for your time.

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