

THE LIFESAVERS PULSE

The Official Newsletter of the LifeSavers' Team



IMPORTANT DATES

LifeSavers Transition
Ownership will change on
Thurs. 01/01/2026

Instructor Renewal Due
March 2026
Schedule ~01/01/2026

TC Alignment Dues
Alignment dues are owed
by Mon. 01/05/2026 for
the next 2 years

Next Instructor Class
Wed. 01/28/2026

Instructor Renewal Due
April 2026
Schedule ~02/01/2026

Next Hero Huddle (New!)
Wed. 02/05/2026

2020 Guidelines Deadline
Sat. 02/28/2026 11:59 PM

2025 Instructor Update
Course Due (Online)
Sat. 02/28/2026 11:59 PM

Instructor Renewal Due
May 2026
Schedule ~03/01/2026

THE GOODBYE & HELLO EDITION

🎄 Hello LifeSaver – and Happy Holidays! 🎄

As we reach this time of year, we pause to reflect on what makes LifeSavers truly exceptional – and that is YOU.

Empowered. Confident. Knowledgeable. And yes – fun.

It takes a village, and you are a vital part of ours. Together, we create an environment where teamwork transforms into meaningful skill, and education becomes empowerment. We firmly believe that through collaboration and inspired teaching, we can prepare more people to respond with confidence when it matters most.

Thank you for the incredible work you do – for your passion, your professionalism, and the way you help make our communities safer, one heartbeat at a time.

Wishing you rest, joy, and connection
this season – you've earned it. ❤️

With heartfelt appreciation & gratitude,
Your LifeSavers Team



Sarah & Sandy

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THE GOODBYE & HELLO EDITION: 2025 GUIDELINE CHANGES

♥ New 2025 Guidelines

As of October 22, 2025, the new 2025 AHA Guidelines are officially live! All instructors are required to review all guideline updates relevant to their discipline. Please read the [AHA 2025 Guidelines Highlights](#) and incorporate the changes into your practice **after** completing the required **Instructor Update Course** that was emailed to you.



Exams

Once your Online Update Course is complete, I will provide the corresponding 2025 exams — BLS will be sent automatically; Heartsaver exams are available upon request.



Important Dates

- Last day to teach using 2020 Guidelines: **February 28, 2026** (11:59 PM)
- Mandatory transition to 2025 Guidelines: **March 01, 2026**

Any unused 2020 eCards after the 02/28/26 11:59 PM cutoff will automatically convert to 2025 cards. Be sure to **proactively order updated course materials** before the transition. If procrastination is your love language, now is a beautiful time to explore a new passion — I hear knitting has rave reviews. 🧶😊



Key 2025 Update Highlights

- Increased focus on stroke and seizure protocols (First Aid)
- Two new sections: Workplace Incidents & Mental Health
- Unified Chain of Survival across all disciplines
- Introduction of the Newborn Chain of Care
- Adult & Child Choking: 5 back blows + 5 abdominal thrusts
- Infant CPR: No more two-finger technique — now use:
 - Two-hand encircling method or
 - Heel of one hand
- Infant Choking: 5 back blows + 5 chest thrusts using a single hand centered on the chest
- Naloxone: Now integrated within the primary CPR algorithm (no longer a standalone add-on)

If you need support, clarification, or just a motivational nudge — reach out.

Thank you for staying current and delivering high-quality, guideline-based training. ❤️🧡

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THE GOODBYE & HELLO EDITION: TRAINING CENTER UPDATES

Contact Information - New!

📞 Office [Call/Text]: 651.888.9119

🌐 Website: <https://www.hellolifesaver.com>

✉ Email: Sarah@helloLifeSaver.com

New Website Transition

To support the upcoming guideline changes and improve access to resources, a new website has officially joined the LifeSavers family: [HelloLifeSaver.com](https://www.hellolifesaver.com).

Yes — she's new, shiny, and still finding herself (meaning: work in progress), but fully functional where it counts.

HelloLifeSaver is the sister site to LifeSaversCPRtraining.com, and you'll notice a very familiar layout and experience between the two.

◆ Please continue using [LifeSaversCPRtraining.com](https://www.lifesaverscprtraining.com) until December 19, 2025.

◆ Beginning January 1, 2026, all instructors should transition to [HelloLifeSaver.com](https://www.hellolifesaver.com).

If you see anything that's broken, confusing, or behaving like a rebellious toddler — please report it.

We'd rather fix it early than pretend it's fine later. 😊

Hero Huddle — New!

Based on instructor feedback, we are excited to introduce Hero Huddle — a completely optional, virtual instructor support space. These ~30-minute casual digital meet-ups can include any of the following:

- Quick Q&A and open discussion
- Topic-based mini refreshers
- Best practice sharing
- Real-world scenario troubleshooting

If there's a topic you'd like addressed, please email it ahead of time so we can include it.

eCards

[eCard Ordering](#) can now be found under the [Instructor Page](#) in the Quick Access section.

★ Even though AHA increased pricing, LifeSavers has chosen to keep your eCard rates the same. (You're welcome. We like you.)

If you are looking to place a eCard order in December, please do so prior to 12/19/2025.

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THE GOODBYE & HELLO EDITION: TRAINING CENTER UPDATES

★ AHA All-Star Program

This summer, AHA launched the AHA All-Star Training Center Program, recognizing high-performing Training Centers across the country.

How do we earn “All-Star” status?

We will be tracking:

- Percentage of claimed eCards
- Completion of the AHA student survey

Please remind students to:

- ✓ Claim their eCard within 24 hours, if possible
- ✓ Complete the short AHA survey that appears during the claiming process

They already provide course feedback at the end of class — but this additional survey helps AHA measure instructor and TC performance nationally.

Encourage them with something like:

“It takes about the same time as ordering a pumpkin spice latte... and helps keep course costs low.”

And that’s not an exaggeration. 😊

If you have any questions, need support, or simply want to celebrate the wins — you know where to find us. Together, we continue training confident responders and saving lives. ❤️

🎄 Holiday Office Hours

Just a quick heads-up—LifeSavers will be taking a holiday break from December 20, 2025 to January 4, 2026. With training slowing down and family time ramping up, this is a great window to pause and reset.

I’ll be checking emails periodically, so please use email as your primary method of contact during this time. If you need assistance or eCard orders, please reach out before or after the closure dates.

For those already ordering eCards in bulk—thank you! It continues to be the most efficient and streamlined process for everyone. Wishing you a safe, restful, and joy-filled holiday season!

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2026 Forms

With the start of the new year, please discard all unused 2025 forms.

Updated documents will be available at:

HelloLifeSaver.com → Instructor Page → [2026 Forms](#)

Please be sure you are using the correct forms beginning January 1, 2026.

Accurate year usage matters for:

- Compliance requirements
- Record keeping and data accuracy

If you're unsure whether you're using the correct form — check the footer date. If it doesn't say 2026, it's time to let it go (cue Frozen piano music 🎵).



Alignment

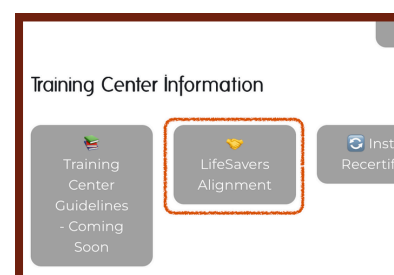
Training Center (TC) alignment dues are required this cycle. These dues function similarly to a membership fee and are paid every two years. Your alignment helps support:

- Office and administrative staffing
- Postage and documentation handling
- Website maintenance and platform development
- Resource creation
- Instructor support and operational systems

If dues are not paid in full based on the Alignment Calendar posted on the LifeSavers website, your alignment will be terminated immediately until payment is received.

To submit payment:

- ➔ Visit [HelloLifeSaver.com](#)
- ➔ Select Instructor Page
- ➔ Choose [LifeSavers Alignment](#)
- ➔ Pay securely via PayPal



No Longer Teaching?

If you are no longer providing AHA training, please notify us via email:

✉ Instructors@HelloLifeSaver.com

We will remove your record from the LifeSavers database and the AHA Atlas Platform.

Thank You

Thank you for your continued alignment and collaboration with LifeSavers Training Center. Most importantly — thank you for showing up with passion, skill, and heart to teach others how to save lives. You are what makes this mission meaningful.

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THE GOODBYE & HELLO EDITION: TRENDS & OBSERVATIONS FROM MONITORINGS

Scenario-Based Teaching

Please ensure you are incorporating real-world, scenario-based learning into every course you teach. While the AHA videos are excellent tools for initial instruction, they are not sufficient on their own. True skill competency requires learners to apply what they've learned in a realistic context. After foundational teaching and demonstrations, present your participants with scenarios that reflect their actual environment or likely encounters, and have them show you their response — not just verbally describe it.

A helpful phrase you can use: “Don’t tell me what you’re doing. In a real emergency, you wouldn’t narrate your steps — you would act.” This approach promotes: muscle memory, confidence under stress, critical thinking, and realistic performance of skills within correct sequence. As a guideline, learners typically need 4-8 scenarios per age group to gain adequate practice and proficiency. Scenario-based training is not an optional enhancement — it is an essential part of ensuring that every student leaves your class ready to respond in a real emergency.

Teamwork in Teaching

Please be intentional about teaching, demonstrating, and practicing teamwork during every class. This is crucial for helping students understand roles, responsibilities, communication, and the importance of debriefing. The more realistic the scenario, the stronger the learning experience.

During skills practice, encourage students to rotate through roles such as performing compressions, providing breaths, activating emergency response systems, applying and operating the AED, and leading effective communication. Whether in a home, community, or workplace setting, there are many responsibilities during a real emergency—and preparing students with team-based practice builds confidence and readiness.

How to Teach Mouth-to-Mouth Conversations

When covering mouth-to-mouth, I often find it easiest to address in the context of three different environments and help learners understand when mouth-to-mouth is appropriate:

- **Workplace Setting:** In a professional or public setting, PPE and barriers (such as face shields or pocket masks) are expected and strongly recommended. Emphasize safety, following employer policy, and using available equipment.
- **Community Setting:** In public settings where the rescuer may not know the victim, the decision may depend on available barrier devices, level of training, comfort, and willingness. Reinforce that hands-only CPR is always acceptable and better than doing nothing if breaths are not given.
- **Home Environment:** Most cardiac arrests occur at home. In this setting, rescuers may be more willing to provide mouth-to-mouth because they know the person. However, if a barrier device is available, it should be used when possible.

The goal is to empower students to make informed, confident decisions while prioritizing safety and providing the best care possible.

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THE GOODBYE & HELLO EDITION: A WORD FROM LIFESAVER SANDY

I want to thank all of you for being a part of my journey with LifeSavers Training Center. Serving as the Training Center Coordinator for LifeSavers has meant so much to me, and I have truly enjoyed getting to know each of you through instructor classes and monitorings.

So much has changed over the years—from social distancing to hybrid learning and new, easier ways of teaching—but one thing that has never changed is how much I value all of you. I will miss you deeply.

Many of the instructors who started with me years ago have since retired, and now I will be doing the same at the end of this year. It was a difficult decision, but I know it is the right one. I have complete trust in Sarah to take the wheel and continue steering this wonderful ship.

Thank you for everything you've done to help save lives.



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THE GOODBYE & HELLO EDITION: ON A PERSONAL NOTE

What an honor it is to continue such a legacy—one built on quality, integrity, and a commitment to serving our community at the highest standards. I know I have big shoes to fill, but I am truly excited to embrace LifeSavers and continue the incredible work and reputation Sandy has laid before me. My husband, Jerome (also an instructor), and two sons Wesley (9) & Oliver (7) are so excited for our new family adventure.

This holiday season, we will remain home for the holidays, focusing on rest and quality time well spent with our family and friends.

As always, thank you for making LifeSavers all that it is and our communities a safer place to be!

Sarah Peterson



Jerome + Sarah



Bear, Bandito, + Butters



Oliver + Wesley