

A close-up photograph of a person's hand held palm up, with the words "I'll DO IT" written across it in a bold, black, brushstroke-style font. The background is a blurred face of the person, suggesting a personal commitment or pledge.

I'll
DO IT

SAVE A LIFE
FOR SCOTLAND

Starting CPR saves lives.

Let's be ready.

We're asking you to say 'I'll do it' and be one of 500,000 people in Scotland getting trained in CPR.

Sign up for training near you:

savealife.scot



[@savealifescot](https://twitter.com/savealifescot)