



# RESTART A HEART ACTIVITY BOOK



## How to help someone who is on the floor and not breathing normally

If someone is on the floor and not b\_\_\_\_\_, it is important to call for me to shout for h\_\_\_\_. I should ring 9\_\_ or 112. The person on the phone will help me know what to do.

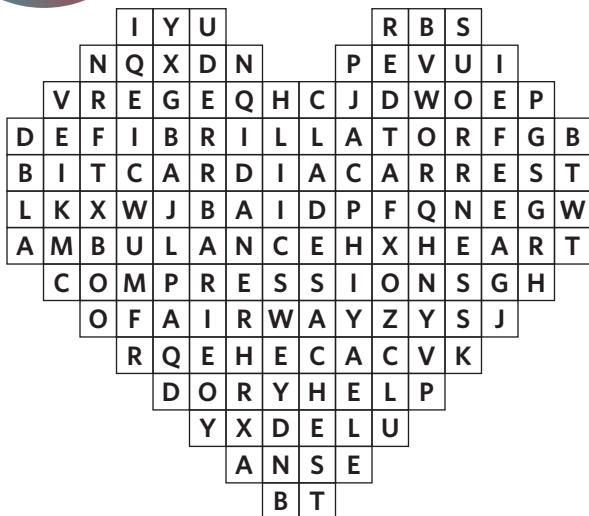
I should tilt the c\_\_\_ back and watch the person's chest to see if it moves normally. If it doesn't, I should start to do c\_\_\_\_ c\_\_\_\_\_ by interlocking my fingers and placing my hands in the middle of their chest and press down 3\_ times to the beat of stayin' alive. I should then do 2 r\_\_\_\_\_ b\_\_\_\_\_. To do rescue breaths I need to take in a breath, place my mouth over theirs and breathe out into their m\_\_\_\_\_.

I need to do 30 chest compressions and 2 rescue breaths for as long as I can. This is called C\_\_\_. If an adult arrives, I will ask them to find a d\_\_\_\_\_ and can tell them how to do CPR if they don't know how to. When the a\_\_\_\_\_ arrives, paramedics will take over h\_\_\_\_\_ the person.

## Fill in the words

Using what you have learnt fill in the blanks

Breathing, help, 999, chin, chest compressions, 30, rescue breaths, mouth, CPR, defibrillator, ambulance, helping



## Wordsearch

1. Heart
2. Chest
3. Airway
4. Help
5. CPR
6. Defibrillator
7. Life
8. Compressions
9. Ambulance
10. Cardiac Arrest



# How to perform CPR

## Open their airway

If they are unresponsive, open the airway by tilting their head and lifting their chin



## Check for normal breathing

Look along their chest and listen and feel for breaths for up to 10 seconds.

In the first few minutes of cardiac arrest the casualty can make odd gasping breaths which are usually slow and sometimes noisy. This is called agonal breathing. If they are unresponsive, taking odd looking gasping breaths, with no signs of life (like moving purposefully or responding to you) they need CPR.



## Call for help

Call 999 or 112 for emergency help and ask if an AED is nearby.

## Pump

Place one hand on the centre of their chest. Place the heel of the other hand on top of the first and interlock your fingers, keeping your fingers off their ribs.





Lean directly over their chest and press down vertically about 5-6cm (2-2.5 inches). Release the pressure, but don't remove your hands.

Give 30 chest compressions at a rate of 100-120 per minute, the same pace as the song stayin' alive.

### **Breathe**

Tilt their head back with one hand and lift their chin with two fingers of your other hand to ensure their airway is open.



Pinch their nose to close their nostrils. Take a breath, seal your lips over their mouth and breathe out until their chest rises.

Maintaining the head tilt and chin lift, take your mouth away from theirs. Look along their chest and watch it fall.

Repeat to give two rescue breaths. Continue 30 chest compressions, followed by two rescue breaths.

If unwilling or unable to do rescue breaths, give continuous chest compressions.

### **Continue**

Continue CPR until emergency help arrives, they start to breathe normally or you're too exhausted to continue.



**Start**



## Find your way through

Navigate the heart maze and make your way to the end.



## Cardiac Arrest

A cardiac arrest happens when someone's heart stops.



## CPR

CPR stands for cardiopulmonary resuscitation. It combines chest compressions and rescue breaths to give a person the best chance of survival following a cardiac arrest.



## Defibrillator/AED

An Automated External Defibrillator (AED) is a portable life-saving device that can give a casualty's heart an electric shock, when it has stopped beating normally in a sudden cardiac arrest. A defibrillator works by checking the casualty's heart rhythm once the defibrillator pads are placed on their chest and giving them a shock if needed.



## Glossary of terms



CPR  
•  
CPR

