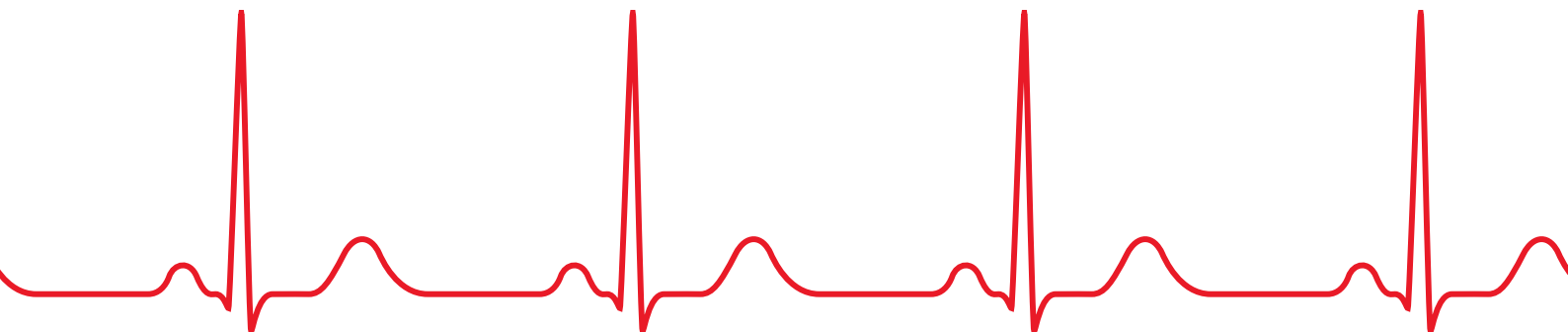




# **Restart a Heart Day**



## Restart a Heart Day – we need your help!

Dear First Aid Training Provider,

Restart a Heart Day is a world-wide initiative developed by the European Resuscitation Council. It was launched in 2013 to raise awareness of the importance of teaching members of the public how to help restart the heart of someone who has suffered a cardiac arrest.

In 2014 Yorkshire Ambulance Service developed a formula for mass training on the day in schools, which has now become a major national event – and we need your help!

Last year, over 295,000 secondary school children were trained in CPR on the day by regional Ambulance Services, medical schools and private providers. This year we want to increase that number.

**To do this we need help from every first aid training provider in the UK.**

Restart a Heart Day is planned for 16th October 2020 (this may fall on half term in some areas, so we can be flexible on dates if that helps your local school, as long as the training is done in the name of ‘Restart a Heart Day’).

We need you to approach local schools and community groups to deliver CPR training. A good place to start may be your existing clients – do you deliver training for the staff in a local school? If not, Restart a Heart Day is a fantastic way to introduce yourself and generate excellent publicity for your organisation!

As a first aid training provider, you will no doubt be aware of how science and changes to CPR guidelines have increased survival rates in recent years, yet the UK lags behind other countries. You have less than one in ten chance of surviving an out of hospital cardiac arrest in the UK, but in Norway, four times that amount survive.

**We know that the major difference is widespread training in CPR.**

That’s why we really hope you can give your much-needed support to restart a Heart Day 2020. Together, we can create a nation of lifesavers.

Attached is a guide for training providers with links to further information. We hope you can help.

Kind regards,

**Jason Carlyon**  
National Project Manager  
Restart a Heart

**Dr Andrew Lockey**  
Vice- President  
Resuscitation Council UK

In partnership with



## Restart a Heart Day – 16th October 2020

### Guide for First Aid Training Providers



Liaise with a local secondary school or youth group who hasn't already signed up for restart a heart day.

If necessary, we can put you in touch with your local ambulance service, who might have schools on a waiting list.

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Eligible schools can apply to the British Heart Foundation, who will provide a **free restart a heart pack** for the school. This includes 30 inflatable CPR minikins and a CPR training DVD. The pack will belong to the school and should be retained for future use.

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We recommend a minimum ratio of 1 facilitator to 12 children. For 30 children, this could be one qualified first aid trainer, with two assistants who are proficient in CPR.

See info below on DBS checks\*

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Of course, you can also use your own CPR training manikins! Smaller groups are acceptable if you don't have as much kit. When you know what equipment is being used, you can confirm your attendance with the school/youth group.

**PLEASE LET US KNOW DETAILS** using this form: <https://www.surveymonkey.co.uk/r/SVRVMZT>

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The CPR training can be delivered in as little as 30 minutes per group of 30 children. This is done by each child having their own CPR manikin, and **following an instructional video**.

Based on 10 sessions throughout the day, it's possible to train 300 children!

We are happy for first aid trainers to teach without the video, but this usually takes longer.

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After the event, we will email you to obtain accurate statistics of the actual number of children who participated.

Make sure you have filled in this form before the day or you won't receive this : <https://www.surveymonkey.co.uk/r/SVRVMZT>

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Please download the detailed information for first aid training providers.

An information pack to provide to the school/youth group can also be downloaded.

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\*Disclosure and Barring Service (DBS) Checks: Ideally the CPR trainers/facilitators who attend will have up-to-date DBS checks, though the school/youth group may not require DBS checking when visitors are supervised. It is important to discuss and agree this in advance with the school/youth group, who are responsible for safeguarding.