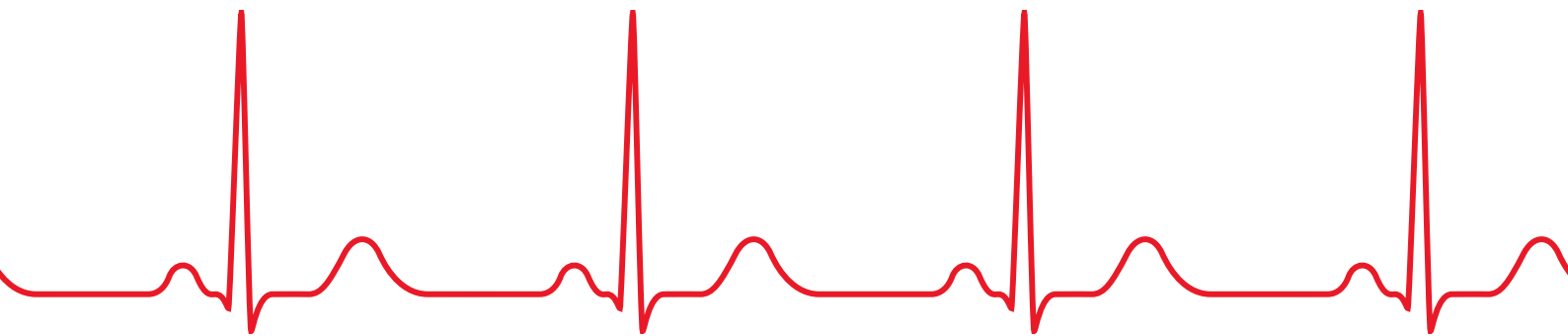


School / Youth Group  
Briefing and Resource Pack



# Restart a Heart Day

16 October 2020



**Resuscitation  
Council UK**

In partnership with



Dear Lifesavers,

Thank you for taking part in **Restart a Heart Day 2020!** You are joining thousands of schools and youth groups across the UK who will provide children with life-saving CPR training on or around Friday 16 October 2020.

Restart a Heart Day is a World-wide initiative. By helping with this project you are demonstrating your commitment to our goal of creating a generation of future lifesavers.

Last year more than 291,000 people learned CPR on one day across the UK, but we don't want to stop there! This year's target is to give life-saving skills to even more

Today, if you suffer a cardiac arrest out of hospital in the UK, you have less than a one in ten chance of surviving. Yet in Norway, where CPR is more widely taught, the survival rate is four times that amount. There are several key factors to this success such as increasing the number of public access defibrillators, but we know that a **major difference is widespread training in CPR.**

The purpose of this pack is to provide you with important information to consider before the big day so you are well prepared for the event.

Thank you once again for your involvement; we're sure you will have a really memorable day.

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

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## Restart a Heart Day Facts

### What is Restart a Heart Day?

Restart a Heart Day is a World-wide initiative developed by the European Resuscitation Council. It was launched in 2013 to teach 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 and international event. Last year, regional Ambulance Services trained over 226,000 secondary school children in CPR on the day feeding in to the national total of over 291,000. This year we want to increase that total again, so we have asked every first aid training provider in the UK for their help!

### What date is it?

Restart a Heart Day will take place on Friday 16 October 2020 when mass CPR training takes place across the world. We have, however, agreed that any training throughout the year that is carried out under the name of Restart a Heart will add to the numbers trained.

We understand that this date may fall on half-term for some regions this year, so we can be flexible on dates, providing the training is done in the name of 'Restart a Heart Day'.

### Why should we support Restart a Heart Day?

Every year, around 350,000 people in Europe suffer an out-of-hospital cardiac arrest (OHCA). OHCA can occur anywhere, for example in the street, at work, or while exercising/doing strenuous activity.

Unfortunately, the vast majority happen at home, where family members are the only witnesses and the only ones with the chance to save their loved ones. It adds to the tragedy of the situation that we would lose a loved one just because we did not know what to do in the event of a sudden cardiac arrest.

Bystander CPR **increases survival by two to three times**, however, today it is delivered in only one in five OHCA cases. That is why fewer than one in 10 of these victims survive today. Increasing this rate may save 100,000 lives in Europe every year.

### What are the aims of Restart a Heart Day?

Bystander CPR rates vary widely across Europe, with Andalusia in Spain as low as 12%, Germany 15%, through to very high rates in the Netherlands (61%) and Sweden (59%). The actual survival rate varies with the setting with some countries as low as 6%, whereas countries with an excellent record in bystander CPR such as the Netherlands and Norway see survival rates as high as 40%.

If we could improve rates of bystander CPR in Europe to the levels seen in these best-performing nations, then around 100,000 lives could be saved each year across Europe. **We are certain that if more people are trained – 50% of cardiac arrest deaths could be prevented.**

To put these numbers in context, 350,000 OHCA deaths is equivalent to 1,000 deaths per day every day of the year across Europe – two full jumbo jets crashing with no survivors each and every day!

By comparison, 28,000 people die across Europe each year in road accidents, but despite this the figure invested in road and car safety each year is much higher than that invested in CPR.

## Restart a Heart Day Overview

### What will the day involve?

On Restart a Heart Day, a number of instructors (based on the number of students participating) will visit your school or youth group. The length of time required depends on how many children are participating. Instructors will usually teach the children how to perform CPR using an interactive DVD and practical instruction on CPR training manikins. Children will also have the opportunity to ask questions.

### How many and who can receive the training?

Restart a heart day is aimed primarily at children of **secondary school age**. Whilst this guide predominantly discusses schools, youth groups such as Scouts or Guides make ideal groups to take part in the day. The scope of Restart a Heart day has now been widened to all citizens of all ages.

The maximum class size will depend on the number of instructors and equipment available. If for example a school is eligible to receive (or already has) the British Heart Foundation (BHF) Call Push Rescue kit, this contains 30 inflatable manikins. You can apply for the Call Push Rescue kit here:

<https://www.bhf.org.uk/how-you-can-help/how-to-save-a-life/cpr-training-in-schools/get-a-cpr-kit-for-your-school>

The training provider can also provide their own CPR manikins and will need to do this for youth groups (or schools that are not eligible for the BHF pack).

The aim is for training providers to visit a school/youth group and train as many children as possible. If the BHF video is used with 30 manikins, training can be delivered in 30-minute sessions, so there is the potential to deliver 10 sessions in a school day – that's 300 pupils.

### How long is each session?

Discuss this with your first aid training provider. If the BHF video is used training can be delivered in as little as 30 minutes per session. This requires the students to remain quiet throughout in order to hear the next instruction.

## Who are the instructors?

In this and previous years, instructors have predominantly been Ambulance Service staff who volunteered to deliver the training on their day off.

This year we have asked First Aid Training Providers throughout the UK to volunteer, so that we can reach even more schools and make **Restart a Heart Day 2020** the biggest yet.

Please note that Resuscitation Council (UK), British Heart Foundation and Regional Ambulance Services DO NOT accredit first aid training providers, so it is important that each training provider discusses their credentials with the school in advance. Guidance is available from the Health and Safety Executive on selecting a first aid training provider: <http://www.hse.gov.uk/pubns/geis3.pdf>

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. **Sufficient school teaching staff should also be on hand to supervise the children.**

## Disclosure and Barring Service (DBS) Checks

Ideally CPR instructors/assistants will have up-to-date DBS checks, but first aid training providers usually deliver training to adults where this is not a requirement. Many schools/youth groups do not require DBS checking however if the visitors are supervised. It is important to discuss and agree this in advance with the first aid training provider. The school/youth group remain responsible for safeguarding.

## What resources are needed?

1. An appropriate-sized room for the requested number of children to be taught at the same time, with plenty of floor space to work on. Chairs/tables are not required as children are on the floor for the duration of the training.
2. Multimedia facilities - a DVD player and large projector screen (with speakers)
3. BHF 'Call Push Rescue' Kit with 30 inflatable manikins

And/or

**CPR manikins provided by the training provider.**

A first aid training provider may prefer to teach without the video, but this usually takes longer.

## Will photos be taken on the day?

It is important to agree with the first aid training provider if photos can be taken on the day. You should agree explicitly how any photographs taken may be used (e.g. social media, first aid training provider's website). If you give consent for photographs to be taken and shared, this can be a great way to raise the profile of restart a heart day.

As a matter of courtesy your first aid training provider will confirm again on the day before taking any pictures.

## How much will it cost?

The event is entirely free to you. Your first aid training provider is donating their time to help Restart a Heart Day 2020, and we encourage you to thank them for doing this. If you are a school that is eligible for the 'call push rescue' CPR manikins, these are provided by the British Heart Foundation and will be yours to keep. The intention is that, at a future date, you can use the manikins and the DVD to teach students yourself, or of course, repeat your support for Restart a Heart Day next year!



## Lesson structure

It is acceptable for first aid training providers to use their own lesson plans and equipment.

If the BHF interactive video is used, this information should give you an idea of what to expect. The video can be viewed/downloaded here:

<https://www.bhf.org.uk/how-you-can-help/how-to-save-a-life/how-to-do-cpr/cpr-training-videos>

The training provider will give a brief introduction and explain the importance of CPR before starting the DVD.

The DVD demonstrates and requires the students to:

1. **Call for help**
2. **Check for signs of life**
3. **Perform mouth-to-mouth**
4. **Perform chest compressions.**

The DVD is designed to be played without pausing, so it must be made clear to students that breaks to perform a skill are not an opportunity to have a chat with their friends. Any chatter in the room will mean that the next instructions are missed.

The first aid training provider is there predominantly to support and supervise the practical element of the training, adding professional experiences where necessary and to answer any questions.

Each student should be allocated a manikin for their use only.

Between each session the manikins will need to be cleaned with suitable hygiene wipes. A limited supply of these will be in the BHF kits, but we recommend training providers bring enough wipes for the day just in case.

**If the interactive DVD session is used, each session will last a maximum of 30 minutes. The limitations of what can be taught in 30 minutes have to be realised. We aim only to equip students with the skills to recognise a cardiac arrest, call for help and give them the confidence to at least perform CPR until the arrival of an ambulance.**



## Checklist for the day

In order to make the day run as smoothly as possible, please follow this handy checklist:

- ✓ **Ensure all manikins are inflated prior to our arrival on the day if you have the BHF kit. This is extremely important as the training provider will not have time to start inflating these on the day. Within the BHF bags of manikins is a pump. Instructions for inflating are on the DVD should you need them.**
- ✓ **Make sure that the training room large enough and is clear of tables and chairs. The students will be using the kneel mats contained with the manikins so a clear floor space is required to accommodate the number of manikins that will be used.**
- ✓ **Ensure that there is a projector, DVD facilities and speakers in the training room. The majority of the lesson may be delivered via an interactive DVD with first aid trainers/assistants there primarily to coach the practical elements of the event.**
- ✓ **Your first aid training provider is donating their time to teach at your school for the day. It would be greatly appreciated if you could provide refreshments and lunch for them.**
- ✓ **Take as many pictures as possible on the day. It would be appreciated if you could share your pictures with us after the event by emailing [rsah@resus.org.uk](mailto:rsah@resus.org.uk)**
- ✓ **If possible please use social media, particularly Twitter, throughout the day. If you are allowed to take pictures, use the hashtags #restartaheart.**
- ✓ **If you would prefer that your first aid training provider didn't take photos of the training at your school, or of particular pupil(s), please inform them to prevent any confusion.**
- ✓ **Count the number of students taught at your school on Restart a Heart Day. In order to feed into the national target being taught in a day, it is vitally important that you provide us with an accurate number of students taught. Please communicate this figure with your first aid training provider.**

- ✓ **Ensure that your staff are briefed about their involvement. You must provide enough staff to maintain discipline during the sessions, but we would also welcome their help supervising the children doing CPR. Brief refresher training may be possible before the day commences, please speak with your first aid training provider about this.**
- ✓ **Feedback – please provide your training provider with feedback after the event. This will be most welcome and useful for future years.**

## **Getting the most out of the day**

Could your school host a heart health themed day on Restart a Heart Day? Why not add value to the CPR training and encourage your students to think about the wider aspects of how their health affects their heart. Some of the great examples we have seen in previous years include:

<b>Sport and exercise:</b>	<b>Impact on health</b>
<b>Food and diet:</b>	<b>What are ‘heart friendly’ foods?</b>
<b>Assembly:</b>	<b>Cardiac arrests and the role of CPR</b>

Here are some key resuscitation messages that may help:

**A cardiac arrest is when the heart’s electrical supply is interrupted resulting in the heart stopping pumping blood around the body.**

**The heart is a pump, which supplies oxygenated blood to all of the body, which is vital for bodily function.**

**If someone’s had a cardiac arrest, they’ll be unconscious, not breathing or not breathing normally.**

**Call 999 immediately.**

**All the cells in your body require oxygen to survive. They also require a good supply of nutrients and the rapid removal of waste products. Oxygen and nutrients are carried around the body in your blood, which is pumped by your heart. In your lungs, oxygen enters your blood stream and carbon dioxide (a waste product) is removed in a process known as gas exchange. A cardiac arrest is when your heart stops beating. This is not the same as a heart attack, although a heart attack may lead to a cardiac arrest.**

There are numerous causes of cardiac arrests, including:

- A disturbance in the heart rhythm**
- Drugs/poisoning**
- Heart disease/a heart attack**
- Traumatic injury/blood loss**
- Anaphylaxis (allergic reaction)**

If a cardiac arrest occurs, blood will stop circulating around the body. Breathing will also cease as well though it may not stop completely for several minutes. Without a supply of oxygen, the cells in the body start to die. Brain cells are incredibly sensitive. After just three to four minutes with no oxygen, brain cells begin dying, leading to brain damage and death.

The purpose of CPR is to keep oxygenated blood flowing around the body to keep the vital organs alive. CPR itself will not restart someone's heart; it just keeps them alive until a defibrillator arrives. A defibrillator is a device that delivers an electrical shock to the heart to restart it.

**Over 30,000 people suffer cardiac arrests outside of hospital in the UK every year. If this happens in front of a bystander who starts CPR immediately before the arrival of the ambulance, the victim's chances of survival double or triple.**

**Today, if you suffer a cardiac arrest out of hospital in the UK, you have less than a one in ten chance of surviving.**

**Chain of Survival - Early Recognition, Early CPR, Early Call for Help, Early Defibrillation. A chain is only as strong as its weakest link. Bystander intervention is vital to improve outcomes.**

**Compressions should be at the rate 100-120 per minute, 5-6cm compressing the chest and a ratio of 30 compressions to two breaths pressing on the centre of the chest between the nipples.**

**Chest compressions and ventilations slow down the rate of deterioration of the brain and heart.**

If a bystander is unwilling to do mouth-to-mouth, hands-only CPR is fine, with the simple message ‘hard and fast’ in the centre of the chest to the beat of ‘Staying Alive’. It is most likely that the students we are teaching will see one of their family members in cardiac arrest so they will be more inclined to deliver rescue breaths if it is a family member.

With each minute’s delay of delivering a defibrillation shock to a cardiac arrest, the chances of survival decrease by 10-12%. Public Access Defibrillators are very easy to use and widely available.

Some people are afraid of performing CPR for fear of worsening the situation but if the victim does not receive CPR there is a good chance that they will die. On occasion, when performing chest compressions it is possible that ribs may be heard to crack, this is normal and not something to worry about.

