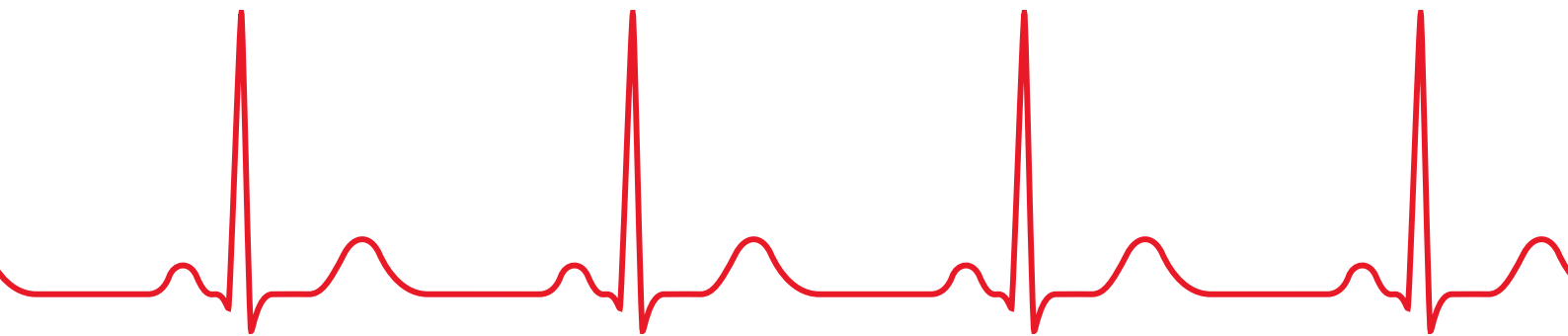


First Aid Training Provider  
Briefing and Resource Pack



# Restart a Heart Day

16 October 2020



**Resuscitation  
Council UK**

In partnership with



**Dear First Aid Training Provider,**

Thank you for taking part in Restart a Heart Day 2020! You are joining a massive community of volunteers across the UK who will provide citizens of the UK with life-saving CPR training on or around Friday 16th October 2020.

Restart a Heart Day is now 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 over 291,000 people learned CPR on one day, but we don't want to stop there! This year's target is to give life-saving skills to even more people!

Today, if you suffer a cardiac arrest out of hospital in the UK, you have less than a one in ten chance of surviving. In places such as 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 Community Public Access Defibrillators, but we know that **one 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 overview

### What will the day involve?

On Restart a Heart Day, a number of instructors (based on the number of students participating) will visit a school or youth group. The length of time required will depend on how many children are. 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 primarily aimed at secondary school pupils. Whilst this guide predominantly discusses schools, youth groups such as Scouts or Guides also make ideal groups to take part in the day. As the scope of Restart a Heart day has now been widened to all citizens, any age can be taught CPR and included in the reported figures.

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 Call push rescue kit, this contains 30 inflatable manikins. A school can apply for the 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.

### 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 again asked **First Aid Training Providers throughout the UK** to volunteer, so that we can reach even more people 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 the CPR instructors/assistants who attend will have up-to-date DBS checks, though the school/youth group may not require DBS checking providing visitors are supervised. It is important to discuss and agree this in advance with the school/youth group, who are 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 manikins and wipes/hygiene equipment 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.

## Can photos be taken on the day?

It is important to agree with the school/youth group if photos can be taken on the day. You should agree explicitly how any photographs taken may be used (e.g. social media or your website). The school/youth group may request that only large group photographs are taken for example. If the school/youth group give consent for you to take photographs and share them, it can be a great way to raise the profile of restart a heart day.

As a matter of courtesy it would be sensible to confirm again with the school/youth group on the day before taking any pictures.



## Lesson structure

This lesson structure is designed for use with the BHF interactive “Call Push Rescue” DVD, which is supplied with the manikins, or can be downloaded here:

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

It is acceptable for training providers to use their own lesson plans and equipment, but it is likely that training will take longer without the DVD, which takes just 20 minutes.

Before starting the DVD, the qualified first aid trainer should give a brief introduction and explain the importance of performing CPR.

The introduction can include the following information:

**Restart a Heart Day is a Global initiative.**

**You are taking part in the largest event of its kind in the world.**

**The importance of CPR and key resuscitation messages.**

**Description of the role of the heart in supplying the whole body with oxygen.**

**Description of a cardiac arrest where the heart’s electrical activity is interrupted resulting in the cessation of blood being pumped.**

**Outline of the Chain of Survival.**

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 intended 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. NB: The DVD starts by showing the students CPR at a slow rate. Don’t worry; this is intentional and it speeds up as they practise all the skills together at the end.

Instructors/assistants are 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.

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.

## Site visit checklist

In order to ensure the day goes as smoothly as possible we recommend that training providers make a site visit to the school/youth group in advance.

The primary purpose of this visit is to make contact and introduce yourself, but it's also a good opportunity to ensure any potential issues are identified before the day.

The following check list will help with your site visit:

1. Discuss parking arrangements for instructors/assistants on the day.
2. Discuss school/youth group security and safeguarding requirements for instructors/assistants, e.g. are names required in advance? Is evidence of DBS checks required?
3. Check that the room allocated for training delivery is an adequate size for the number of students.
4. Confirm that no tables or chairs are required in the training room.
5. Ensure that there will be a DVD player, projector and speakers in the training room on the day (and check that the video will play properly if using).
6. If applicable, confirm that the British Heart Foundation's Call, Push Rescue kit is on site and all manikins are available, with sufficient numbers for students to be taught.
7. Agree who will provide additional hygiene wipes if large numbers are participating.
8. If applicable, ensure the school understands that the manikins **MUST** be inflated prior to your arrival.
9. Ensure the school/youth group understands that their teaching staff/leaders will be involved in the day and must be there to supervise students during the sessions.
10. Discuss arrangements for refreshments and lunch for volunteers on the day.
11. **IMPORTANT:** Please let us have details in advance of the day, as soon as you know the approximate number of children that will take part, using this online form:

<https://www.surveymonkey.co.uk/r/SVRVMZT>

After the day, we will be in touch via the email provided to confirm exact numbers.



## Checklist for the day

Have you submitted details of the day in advance?

If not, do this here: <https://www.surveymonkey.co.uk/r/SVRVMZT>

- ✔ If you usually wear uniform when teaching first aid, we recommend that you wear this.
- ✔ Please ensure you have an ID badge or photo ID with you.
- ✔ Be aware that everything that you say or do is likely to be seen or heard so please maintain professionalism at all times.
- ✔ Media coverage is expected from local and national media. The regional Ambulance Service will try to target media to specific schools where an Ambulance Service Manager will be based to deal with this.
- ✔ Make sure that the training room 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 a number of manikins available.
- ✔ Ensure that there is a projector, DVD facilities and speakers in the training room. If you are following our lesson plan, the majority of the lesson is delivered via an interactive DVD with first aid trainers/assistants there primarily to coach the practical elements of the event.
- ✔ If you have permission to take pictures 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 hashtag #restartaheart.
- ✔ Count the number of students taught at your school/youth group 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 participants.

After the day, we will be in touch via the email you provided to confirm exact numbers.



## Key messages

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 about three to four minutes of no oxygen, brain cells will begin dying, leading to brain damage and death.**

**The purpose of CPR is to keep oxygenated blood owing 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 shockable 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.



## Media information

Media activity relating to Restart a Heart Day will be managed and co-ordinated by the Regional Ambulance Service Corporate Communications Team.

The Regional Ambulance Service will seize proactive and reactive media opportunities to highlight the event and promote key public health messages relating to the benefits of bystander CPR, as well as early defibrillation, prior to the arrival of an ambulance.

It is anticipated that there will be extensive media interest in Restart a Heart Day as it is the largest mass CPR training event ever conducted.

### How can you help to raise the profile of the event?

If you have permission, take photos. All Restart a Heart Day volunteers at schools which have consented to media involvement are encouraged to take photos of the activities on the day and email them to [rsah@resus.org.uk](mailto:rsah@resus.org.uk) at the earliest opportunity. These will be used for both internal and external publicity, as well as on social media. Please check with teaching staff/youth leaders which children can be photographed.

#### **Tweet!**

If you have time, please Tweet! Make sure you mention #restartaheart. Other useful hashtags are #worldrestartaheart #lifesavers and #CPRsaveslives. Please also feel free to mention the user names @ResusCouncilUK and @TheBHF.

Facebook: If you have time, remember to post about your Restart a Heart Day activities on Facebook. Make sure you mention #restartaheart. Please also feel free to mention @ResusCouncilUK and @TheBHF.

#### **Please ensure the school you attend has consented to publicity before posting any identifiable messages.**

When posting on social media, remember to be yourself, be factual, be professional, be interesting, be relevant and be sensible!

For further guidance, contact [rsah@resus.org.uk](mailto:rsah@resus.org.uk)