Resuscitation Council UK

Restart a Heart 2025

Training Provider Information Pack

Led by Resuscitation Council UK in partnership with



Dear First Aid Training Provider,

Thank you for taking part in **Restart a Heart 2025!** You are joining a massive community of volunteers across the UK who will provide citizens of the UK with life-saving CPR training in October 2025.

Restart a Heart 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.

Each year hundreds of thousands of people across the UK have been taught life-saving skills as part of the Restart a Heart campaign, and we want to continue to grow this number. We are thankful for all of the individuals and organisations such as yourselves who participate in expanding the reach of this campaign and enriching it every year.

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 awareness of CPR.**

The purpose of this information pack is to provide you with all the information you might need to ensure your events are a success.

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

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Restart A Heart overview

What is Restart a Heart?

Restart a Heart (RSAH) is an annual initiative led by Resuscitation Council UK which aims to increase the number of people surviving out of hospital cardiac arrests.

It is run in partnership with The British Heart Foundation, British Red Cross, St John Ambulance, the Association of Ambulance Chief Executives, NHS England, Amputation Foundation, Save a Life for Scotland, Save a Life Cymru, and Northern Ireland Ambulance Service.

In 2018 the initiative went global with the formation of World Restart a Heart (WRSAH).

On or around 16 October each year, an alliance of partners all over the world (including UK Ambulance Services, universities, and other charitable and public sector community-based organisations and first aid training organisations) come together to increase public awareness of cardiac arrests and increase the number of people trained in life saving CPR and defibrillation awareness. They do this by organising and facilitating training events and also by providing opportunities for people to learn CPR digitally in the safety and comfort of their own home.

This year is the 10th Restart a Heart and the sixth World Restart a Heart campaign.

When is Restart a Heart?

Restart a Heart will launch on 16th October 2023. Whilst, ideally, activity is focused on the date of the Restart a Heart launch it is perfectly acceptable for Restart a Heart activity to happen on or around the date.

What will the day involve?

We are inviting you to arrange and facilitate sessions in your local communities or online to enable as many people of any age to receive CPR training.

The choice of venue, audience, lesson plan and length of session are entirely down to your discretion, however we do have some suggestions in this pack that might be helpful.

To find out what your local ambulance service is doing for Restart a Heart, contact them by visiting **www.resus.org.uk/rsah** and click on 'Ambulance Contacts'. Visit page X to see how you can join us for Restart a Heart Live.

Digital and print resources to facilitate these events are available on the above website.

Who can receive the training?

CPR training can be delivered to anyone! Restart A Heart has, in the past, primarily targeted secondary school pupils because of the better access to training equipment. However, Restart a Heart can also be targeted at scouting and guide groups, faith groups, etc.

The maximum class size you can teach will depend on a number of factors including the number of instructors and equipment available as well as the size of the venue.

You may find, if working in a secondary school environment, that they already have manikins or other equipment to practice with e.g. BHF Call Push Rescue kits or pillows.

As the training provider you can also provide your own CPR manikins and will likely need to do this for youth groups.

We recommend a minimum ratio of 1 facilitator to 12 people. For 30 people, this could be one qualified first aid trainer, with an assistant who is proficient in CPR. Assistants are important and help guide and monitor learners in performance of CPR.

What resources are needed?

Resources required will of course be very dependent on the type of session you are running. Below are a few suggestions of what you might need to consider:

1. You will need to arrange an appropriate-sized room/location for the requested number of learners to be taught at the same time, with plenty of floor space to work on. Chairs/tables are not required as the learners spend most of their time on the floor.
2. Multimedia facilities - a computer and large projector screen (with speakers) if using video/audio presentation.
3. There are a range of products that may be available. These include pillow partners and blow up manikins.
4. Certificates for learners.
5. Streaming set up if delivering online session.
6. Any additional training 'props.'
7. Flipchart and pens/Smartboard.
8. Training defibrillator.
9. Shelter if training is to be carried out outdoors.

Disclosure and Barring Service (DBS) Checks

Any event that is planned in a school/youth group it is likely that the venue will ask for evidence of appropriate DBS checks for any trainers attending. Whilst this is not a barrier to access, as you can access the school/youth setting under constant supervision, it is not ideal.

The safeguarding requirements for the planned training venue are best discussed with them well in advance to prevent any issues on day.





Restart a Heart Live

What is Restart a Heart Live?

Restart a Heart Live is a free live online event hosted by Save a Life for Scotland in partnership with Save a Life Cymru, Resuscitation Council UK, which aims to educate people about CPR, defibs, and what happens when you call 999 in the event of a cardiac arrest.

After the event broke a Guinness World Record in 2024, they're now aiming even higher with a goal of 1,000,000 people CPR ready by 2027. By joining this event you can help them reach this goal!

When is Restart a Heart Live?

Restart a Heart Live will be streamed online on 1 October 2025 and is a 12-hour event. You don't need to stay all day. Each CPR session starts fresh on the hour, so you can drop in at a time of day that suits you or your group.

Who is Restart a Heart Live for?

Restart a Heart Live is for anyone who wants to learn CPR for the first time or refresh their skills. As the event is engaging and easy to follow, it works especially well for groups of people such as schools, workplaces, or community groups.

What do I need to take part?

No equipment is required. We recommend coming prepared with something you can practice chest compressions on, such as a cushion, a jacket in a rucksack, or a teddy also works well for younger participants.

How do I sign up?

To stay informed on the details, register your interest at restartaheart.live.





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 venue in advance of the planned delivery date.

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 checklist will help with your site visit:

- ☐ Discuss parking/unloading arrangements for your team on the day.
- ☐ Discuss venue security requirements for your team, e.g. emergency exits, fire evacuation, are names required in advance/do they require DBS certificates?
- ☐ Check that the room allocated for training delivery is an adequate size for the number of learners, well-lit and well ventilated.
- ☐ Confirm that no tables or chairs are required in the training room.
- ☐ Ensure that there will be a streaming device, projector, and speakers in the training room on the day if needed.
- ☐ Confirm that there are sufficient manikins on site to enable one per learner or that the number of learners will not exceed your equipment provision.
- ☐ Ensure the venue understands that additional hygiene wipes will be required if large numbers of learners are to be taught.
- ☐ Ensure the venue understands that the manikins MUST be inflated prior to arrival (If using the BHF Call Push Rescue kits.)
- ☐ Ensure that if teaching in a school, they understand that their teaching staff will likely be involved in the day and will be supervising a small group of students performing the practical skills.
- ☐ Discuss arrangements for refreshments and lunch for your team on the day.
- ☐ Discuss if the organisation has considering making the most of Restart A Heart by theming the day to raise the profile of CPR across the entire organisation. This could include situating training with an understanding of where AEDs are sited, and whether there is an emergency protocol if someone collapses.



Lesson structure

The structure of your lesson is entirely up to you! In order to be called 'Restart a Heart' day training we do ask as a minimum that each learner is taught CPR and given the opportunity to practice the skill.

Before starting the session, it is suggested the trainer give a brief introduction and explain the importance of performing CPR.

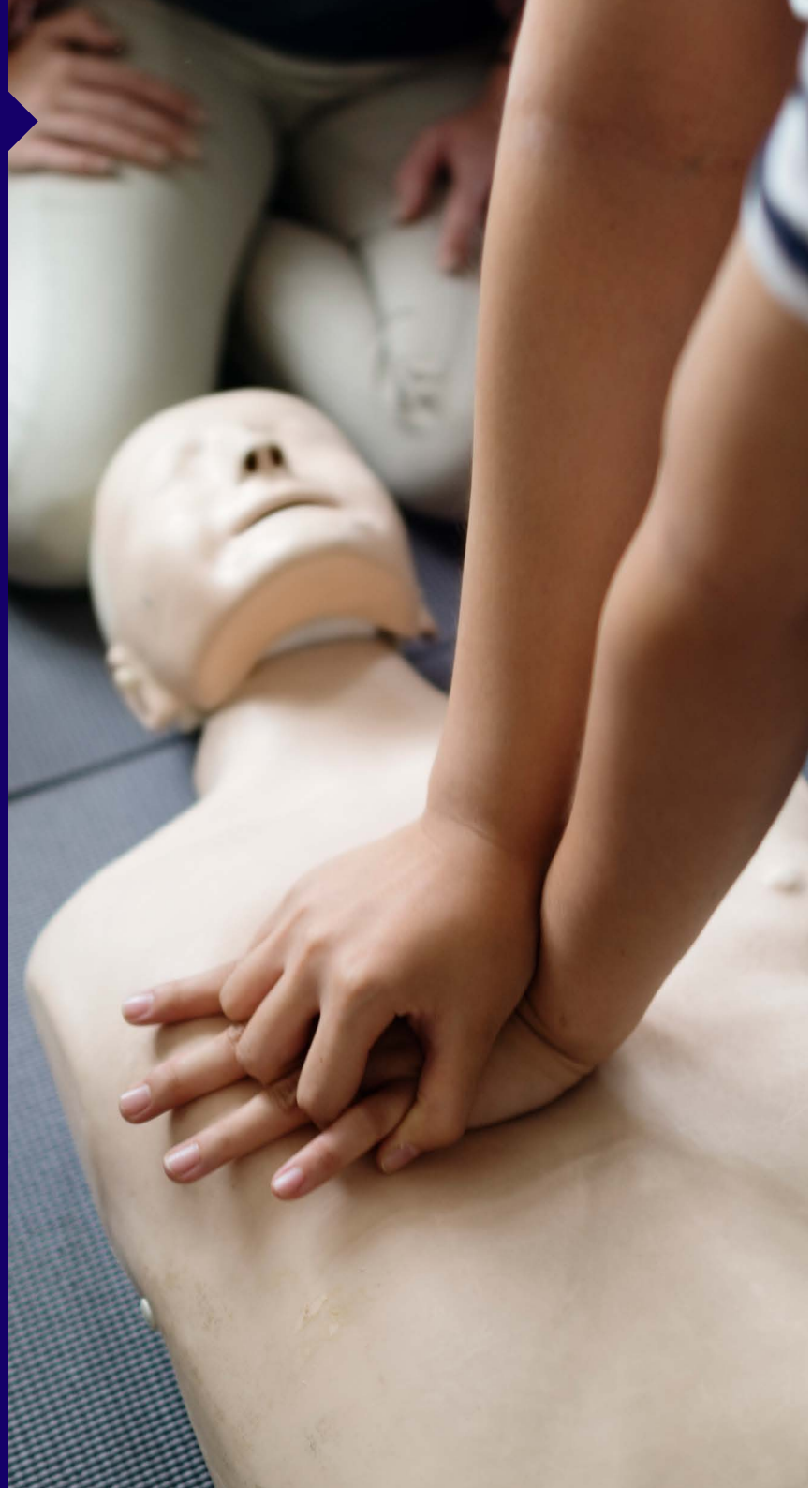
The introduction can include the following information:

- Restart a Heart 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.

You may like to use a short video or animation to support your training and we have a number of resources available to help you deliver your sessions at **www.resus.org.uk/rsah.**

Some key messages will support your delivery of your session and several are provided below for you:

- 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.
- A cardiac arrest is when the heart stops beating. This is not the same as a heart attack, although a heart attack may lead to a cardiac arrest. Find out the difference between a heart attack and cardiac arrest at **www.resus.org.uk/public-resources/how-do-cpr.**
- All the cells of the body require oxygen and nutrients to survive. Oxygen and nutrients are carried round the body in your blood, which is pumped by your heart.
- 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 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.
- Every year in the UK, over 40,000 people suffer an out- of-hospital cardiac arrest a 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 (When permitted) 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.

Guidelines and Information

How to do CPR

A cardiac arrest is when someone's heart suddenly stops beating, and their breathing is abnormal or has stopped.

Without quick action, the person will die.

Check for danger, then immediately follow these simple steps to give the person their best chance of survival.



1. **Shout for help.**
   Gently shake the person who has collapsed.
2. **Look and listen for signs of normal breathing.**
   Look for the rise and fall of their chest.
3. **Call 999.**
   Put the phone on loudspeaker and tell them you are with someone who is not breathing.
4. **Start chest compressions.**
   - Interlock your fingers
   - Place your hands in the centre of the chest
   - Push down hard and then release twice per second, and don't stop.

The ambulance call handler will help you.

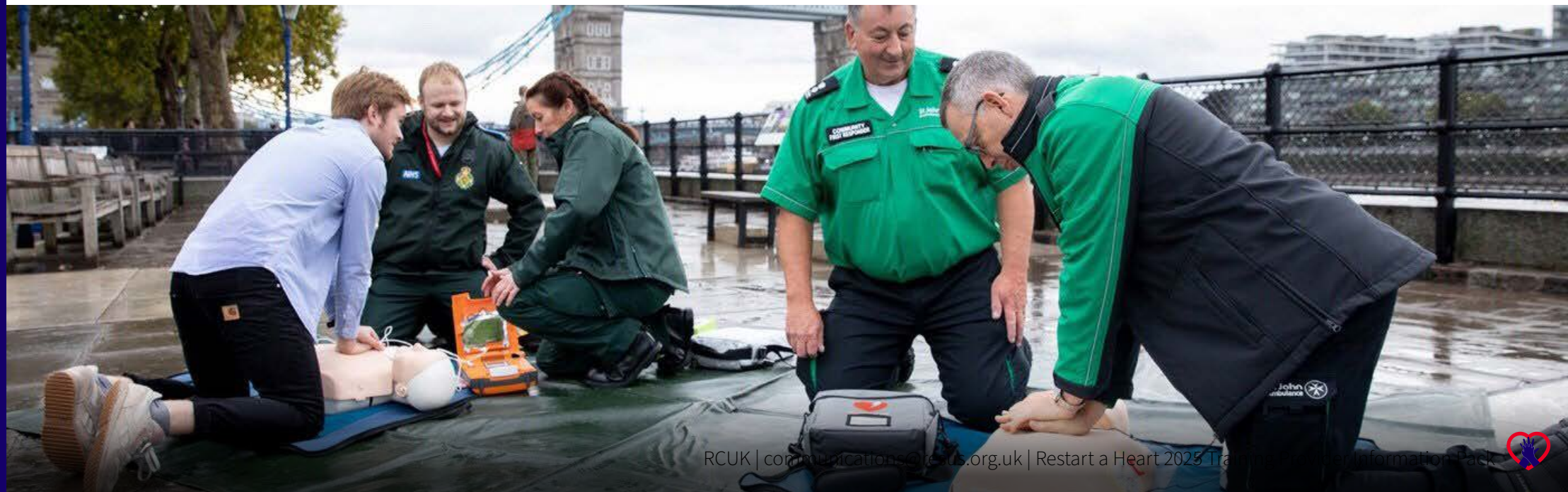
5. **The ambulance call handler will tell you where the nearest automated external defibrillator (AED) is. If someone is with you, ask them to fetch it and bring it back.**
   Do not leave the person if you are on your own.
6. **If you have a defibrillator, switch it on and follow the instructions**
   The defibrillator will tell you exactly what to do.
7. **Continue CPR**
   Continue giving CPR until:
   - the AED asks you to pause while it reanalyses and gives another shock if needed
   - a paramedic arrives and tells you what to do
   - the person shows signs of life.

Resources for learning

- Watch RCUK's Sudden Cardiac Arrest video, showing the latest guidance in CPR techniques: vimeo.com/726956554
- Browse our CPR resources in different languages: resus.org.uk/public-resource/cpr-language-resources
- Watch our Defib Dani animation to see how simple public access defibs are to use: resus.org.uk/public-resource/defibrillation/defib-dani
- Browse additional resources for learning and teaching on the RCUK website: resus.org.uk/rsah

Checklist for the day

- ☐ If you usually wear uniform when teaching first aid, we recommend that you wear this.
- ☐ Please ensure you have an ID badge or some form of photo ID with you.
- ☐ Be aware you may be asked to produce evidence of appropriate DBS clearance if not already provided.
- ☐ 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.
- ☐ Make sure that the training room is clear of tables and chairs if your learners are going to be on the floor for practice. It is important to consider adaptations may be required if learners are unable to be on the floor to ensure accessibility for everyone.
- ☐ Ensure that there is a projector, DVD facilities and speakers in the training room or any other IT requirements you may have.
- ☐ 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 r**sah@resus.org.uk.**
- ☐ If possible please use social media, particularly X, throughout the day. If you are allowed to take pictures, use the hashtag **#RestartAHeart.**
- ☐ Count the number of learners taught at your venue for Restart a Heart.



Media information

It is anticipated that there will be extensive media interest in Restart a Heart 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. Seek consent from the venue and individuals to take photographs. We actively encourage the sharing of photographs to capture the activity of the day and we would ask that you share them with us via email to **rsah@resus.org.uk.** These will be used for both internal and external publicity, as well as on social media.

Please be respectful of any venue that asks for learners not to be photographed.



Social media

- Social media posts should aim to educate and encourage on the importance of learning/ teaching CPR and having the courage and the confidence to safely use it, using stats and real life stories to drive our audience to the RSAH landing page.
- Promote the human element through case studies; this is why performing bystander CPR matters. This is why teaching CPR matters. Use **#CPRSavedMyLife** to share these stories.
- Highlight the digital resources to learn/teach CPR.
- Reinforce the importance of CPR – help NHS save lives by getting hands on before the paramedics arrive. Resuscitation Council UK, The British Heart Foundation, British Red Cross, St John Ambulance, the Association of Ambulance Chief Executives, NHS England, Amputation Foundation, Save a Life for Scotland, Save a Life Cymru, and Northern Ireland Ambulance Service will all be posting on social media, as will your local ambulance service.
- 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.**
- All posts should have **#RestartAHeart** as the primary hashtag.