



**School Information Pack**

# Dear Lifesavers

Thank you for registering to take part in **Restart a Heart Day 2020!** You will be joining over 170 schools across Yorkshire which have signed up to provide their pupils with life-saving cardiopulmonary resuscitation (CPR) training on Friday 16 October 2020.

Some of you may have been involved in our campaign previously but many schools will be taking part for the first time. By registering to take part in this event you are demonstrating your commitment to our goal of creating a generation of future life-savers.

Your pupils will be among around 45,000 young people across Yorkshire who will be taking part in the world's largest event of its kind.

Today, if you suffer a cardiac arrest out of hospital in the UK, you have less than a one in 10 chance of surviving. In places such as Norway where CPR is more widely taught, it is as high as four in 10. There are several other key factors to this success, such as increasing the number of public access defibrillators in the community, but getting members of the public to initiate CPR before the arrival of an ambulance is crucial.

Yorkshire Ambulance Service has some of the best survival rates in the country from patients who suffer an out-of-hospital cardiac arrest and this is partly due to a higher than average bystander CPR rate. We would like that to be as high as places such as Stavanger in Norway where it is 75% and, with your help, we believe this is possible.

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. This year we have a new video about a former Restart a Heart Day pupil who used her CPR skills to save a stranger's life. The video can be accessed here <https://youtu.be/H94mSj1Gs-8>. Please share it with your students in the build-up to 16 October or on the actual day.

Thank you once again for your involvement; we're sure you and your pupils will have a really memorable day. While we offer this training free of charge, we would ask you to consider fundraising or making a donation to the Yorkshire Ambulance Service (YAS) Charity which helps to fund the event.



**Rod Barnes**  
**Chief Executive**  
**Yorkshire Ambulance Service NHS Trust**







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# Restart a Heart Day facts

## What is Restart a Heart Day?

**Restart a Heart Day** was developed in 2013 by the European Resuscitation Council to teach members of the public how to help restart the heart of someone who has suffered a cardiac arrest.

The following year, Yorkshire Ambulance Service NHS Trust offered all secondary schools in Yorkshire the opportunity to receive free CPR training for pupils on **Restart a Heart Day** (on or around 16 October).

In 2014 we visited 49 schools and taught CPR to 11,500 youngsters – with the help of hundreds of volunteers, mostly off-duty staff and community first responders. The event has continued to go from strength to strength; in the last six years on **Restart a Heart Day** we have taught life-saving skills to an incredible 151,531 youngsters at 82% of Yorkshire's secondary schools.

In 2016 the life-saving initiative pioneered in Yorkshire was rolled out to all UK ambulance services and two years later was adopted by the International Liaison Committee on Resuscitation to encourage mass CPR training on a global scale under a **World Restart a Heart Day** banner. Participating countries have since included America, Canada, Australia, New Zealand, South Africa, Saudi Arabia, Sri Lanka, India and many others across Europe.

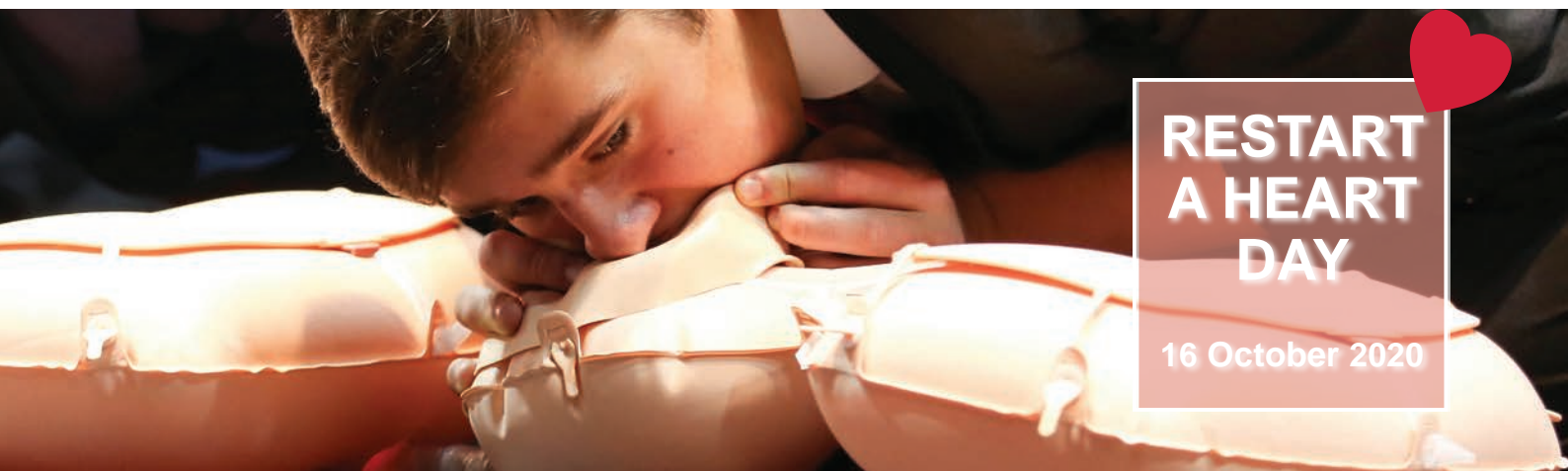
## What date is it?

**Restart a Heart Day** will take place on **Friday 16 October 2020**.

## Why is Restart a Heart Day so important?

Every year, around 350,000 Europeans suffer an out-of-hospital cardiac arrest (OHCA). OHCA's can happen anywhere, for example in the street, at work or while exercising or doing other strenuous activity. Unfortunately, the vast majority happen at home, where family members are the only witnesses and therefore the only people with the best chance of saving their loved one.

Bystander CPR by lay people 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 patients survive today. Increasing this rate may save 100,000 lives in Europe per year.



## What will the day involve?

On **Restart a Heart Day**, a number of instructors (based on the number of students you have requested training for) will visit your school. The length of time we will spend at your school will depend entirely on how many pupils we are teaching. Our instructors will teach the children how to perform CPR using an interactive DVD and practical instruction on inflatable manikins. Children will have the opportunity to ask questions.

## How many pupils can receive the training?

We will accommodate maximum class sizes of 30 pupils to match the number of manikins provided free of charge by the British Heart Foundation in its Call Push Rescue kits. Our staff will visit your school for anything from an hour or the full day to teach as many groups of 30 as possible. Based on the length of each session, we can potentially deliver 10 sessions in your school day – a maximum of 300 pupils.

## How long is each session?

Each session takes 30 minutes and is accompanied by an interactive DVD which requires the students to perform the skills demonstrated while the DVD is still running. This requires the students to remain quiet throughout in order to hear the next instruction.

## Who are the instructors?

The instructors are predominantly Yorkshire Ambulance Service staff who have volunteered to deliver the training on their day off. Most are clinicians (Paramedics, Emergency Medical Technicians etc) but there may also be staff from other departments providing assistance, as well as Community First Responders (CFRs). Volunteers are also provided by St John Ambulance, Yorkshire's four fire and rescue services, other NHS organisations and medical students.

## What resources do you need?

You will need an appropriate-sized room for the requested number of pupils to be taught (maximum of 30 at a time) with plenty of floor space to work on. We will also need access to multimedia facilities – a DVD player and large-screen television/projector screen (with speakers). We will not need any chairs/tables as the students are on the floor for the duration of the training.

## Will photos be taken on the day?

If you provide consent for our staff to take photos of the event, these will be collected centrally by our Corporate Communications Team as a record of **Restart a Heart Day**. They may be used on social media, in the media, on our website or in internal publications.

## How much will it cost us?

The event is entirely free to you. All our staff offer their time voluntarily. The interactive training DVD and manikins are provided by the British Heart Foundation and are yours to keep. While we offer this training free of charge, we would ask you to consider fundraising or making a donation to our YAS Charity which supports the event.





"We would like to thank your team and the excellent volunteers who facilitated the session at our school. Our Year 8 students enjoyed and fully engaged in learning the skills required to perform CPR."

Tadcaster Grammar School





# Lesson plan

The lesson is delivered with the use of an interactive Call Push Rescue DVD which is supplied with your manikins.

The volunteers 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 intended to be played through without pausing so it must be made clear to students that silence is required during breaks to perform a skill. Any noise in the room will mean that the next instructions are missed.

We are there predominantly to support and supervise the practical element of the training, adding professional experiences where necessary and to answer any questions.

We work on a ratio of one instructor to 10 students so if you are supplying 30 students per session we will aim to provide at least three (maybe more) volunteers in addition to your teaching staff.

Each student will be allocated a manikin for their use only. Between each session the manikins will need to be cleaned with the hygiene wipes contained in the packs. It will be necessary to provide additional hygiene wipes if we are to teach a large number of students at your school. **It is your responsibility to provide these.** If your school is unable to use the alcohol wipes contained within the packs it is your responsibility to provide a suitable alternative.


**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 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. This is extremely important as we do not have time to start inflating these on the day of the training. Within your bags of manikins is a pump. Instructions for inflating are on the DVD should you need them.
- Make sure that the training room is clear of tables and chairs. The students will be using the kneel mats contained in the bags of manikins and therefore a clear floor space is required to accommodate a maximum of 30 students (dependant on your group sizes).
- Ensure that there is a projector, DVD facilities and speakers available in the training room. The majority of the lesson is delivered via an interactive DVD with our volunteers there primarily to coach the practical elements of the day.
- Our volunteers are giving up their time for free to teach at your school. It would be greatly appreciated if you could provide refreshments and lunch for them.
- Take as many pictures as possible on the day. You can share your pictures with us after the event by emailing [yas.restartaheart@nhs.uk](mailto:yas.restartaheart@nhs.uk)
- If possible please promote the event on social media throughout the day. If you post any pictures or updates please tag [@YorksAmbulance](#) (Twitter), [@Yorkshireambulanceservice](#) (Facebook), [yorksambulance](#) (Instagram) and use the hashtag [#restartaheart](#) and [#worldrestartaheart](#). It would be great if you could also tag the [YAS Charity \(@yas\\_charity\)](#)!
- Our staff are told whether you indicated if we could take photos at your school when you registered. If you would rather staff didn't take photos of the training at your school, or of a particular pupil/s, please inform them on the day to prevent any confusion.
- Count the number of students taught at your school on **Restart a Heart Day**. In order to feed into total number of people being taught in a day, it is vital that you provide us with an accurate number of pupils taught after the event.
- Ensure that your staff are briefed about their involvement. When you registered, you were asked how many staff you would be supplying to support our volunteers for two reasons, primarily for any disciplinary issues but also to supervise groups of students performing CPR. Brief refresher training can be provided to your staff before the day if required.
- Any certificates provided by the British Heart Foundation for the day are not certificates of competency. They are merely to acknowledge participation in the day.



A woman with long red hair, wearing a maroon NHS uniform, is kneeling on a grey carpeted floor. She is performing CPR on a tan-colored medical training mannequin lying on its back. Her hands are positioned on the mannequin's chest, and she is pressing down. To her right, a young girl with blonde hair in a bun, wearing glasses, a white short-sleeved shirt, a striped tie, and dark trousers, is also kneeling. She is looking down at the mannequin with a focused expression. The background is a plain white wall with a speaker mounted on it.

"We just wanted to say a heartfelt thank you for such a fantastic day. The Year 7 pupils really enjoyed it and I know staff and parents commented on the success of the day. Thank you to all the volunteers for their time and expertise."

Kettlethorpe High School





# Raise funds for YAS Charity and help save lives!

We would love you to bring your CPR training to life on **Restart a Heart Day** by encouraging your students to raise vital funds for the YAS Charity. The charity is separate from Yorkshire Ambulance Service, but exists to help save lives by building on the work the service already does. It pays for projects and equipment outside the NHS provision, but that help our communities survive life-threatening events.

**Restart a Heart Day** is a great example of this; our wonderful colleagues give their time unpaid to visit schools and deliver the training at no cost to you. However, the organisation, administration and promotion of the day across Yorkshire comes at a considerable cost, and the YAS Charity makes a significant contribution each year to enable it to happen.

We would therefore urge you to organise some fundraising in school, and there are some great ideas here. At the same time, please do encourage students to think about the wider aspects of how their health affects their heart. Get the whole school involved in assemblies and projects on the big day or in the weeks before or even after the event.

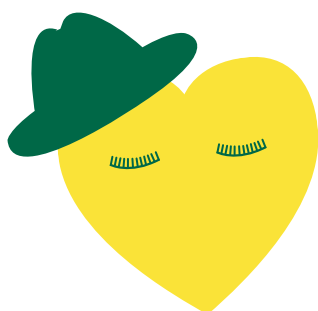
- Look at the impact of sport and exercise on a healthy heart – hold a cross school tournament, sponsored boot camp or staff verses student match.
- Promote ‘heart friendly’ foods in your diet.
- Talk about what a cardiac arrest is and the role of CPR.

## 1 Ideas to get fundraising

### The CPR-A-THON

Use your new skills and have some fun in our sponsored CPR-A-THON. In teams of 4-6 test yourself to see how long you can keep up your CPR for. This is a big challenge which will show you how hard it can be to continue with these life-saving actions. You could do this relay over lunchtime or breaks - aim for 45-60 minutes. Each team member will take turns to complete one minute of CPR before the next person takes over.

Maximise your fundraising by seeking sponsors in advance. You could even hold the event in a public place so that people can watch, that way you’ll be raising awareness of CPR too.



## 2 Be a ‘Heart Throb’ ... Dress up, dress down, dress red

Why not hold a non-uniform day? It’s the easiest form of school fundraising, ask everyone for a donation in return for not wearing uniform.

Maximise your fundraising: You can ‘charge’ all those ‘stick in the mud’ staff for not dressing up too. Encourage everyone to get involved by offering prizes for the most inventive or ‘on theme’ outfits. Most of all have fun!

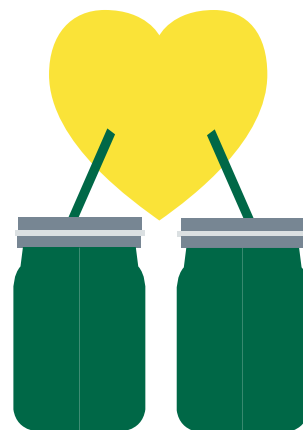


### 3 Set up a Smoothie Bar

Everyone holds cake sales ... but your challenge is to set up a smoothie bar to fuel your healthy heart! Get together with your friends to sell smoothies or ask your canteen to get involved and ask for a donation for each smoothie.

Maximise your fundraising by asking supermarkets or local shops for donations of fruit and smoothie ingredients. Hold a competition for your smoothie recipe to come to life. Take pre-orders to help plan ahead with ingredients.

Or you could set up a healthy tuck shop and sell nutritious snacks like natural yoghurt with fruit, plain popcorn, bread sticks and cheese, pitta bread and humous.



### 4 Take on the 999 Challenge

999 is our life-saving number and you are challenged to do something 999 times! You could run 999 metres or hop, skip or jump 999 times. Why not be silent for 999 minutes (yes that is over 16 hours!)?

Could you get 999 people to do something silly or unusual? 999 people playing musical statues, 999 people singing together – or why not try for 999 people in a 'selfie'! You get the concept and your students' ideas are the only limit!



#### Supporting your fundraising

We would love to support you with your fundraising. Please get in touch as we would love to hear your plans. We can help with sponsorship forms, posters, advice and lots more! Please email [yas.charity@nhs.net](mailto:yas.charity@nhs.net) or call 01924 584369 or 07917 307688.

# Healthy heart lesson plan

Here are some key resuscitation messages which will help with lesson plans linked with **Restart a Heart Day** activity:

- 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:

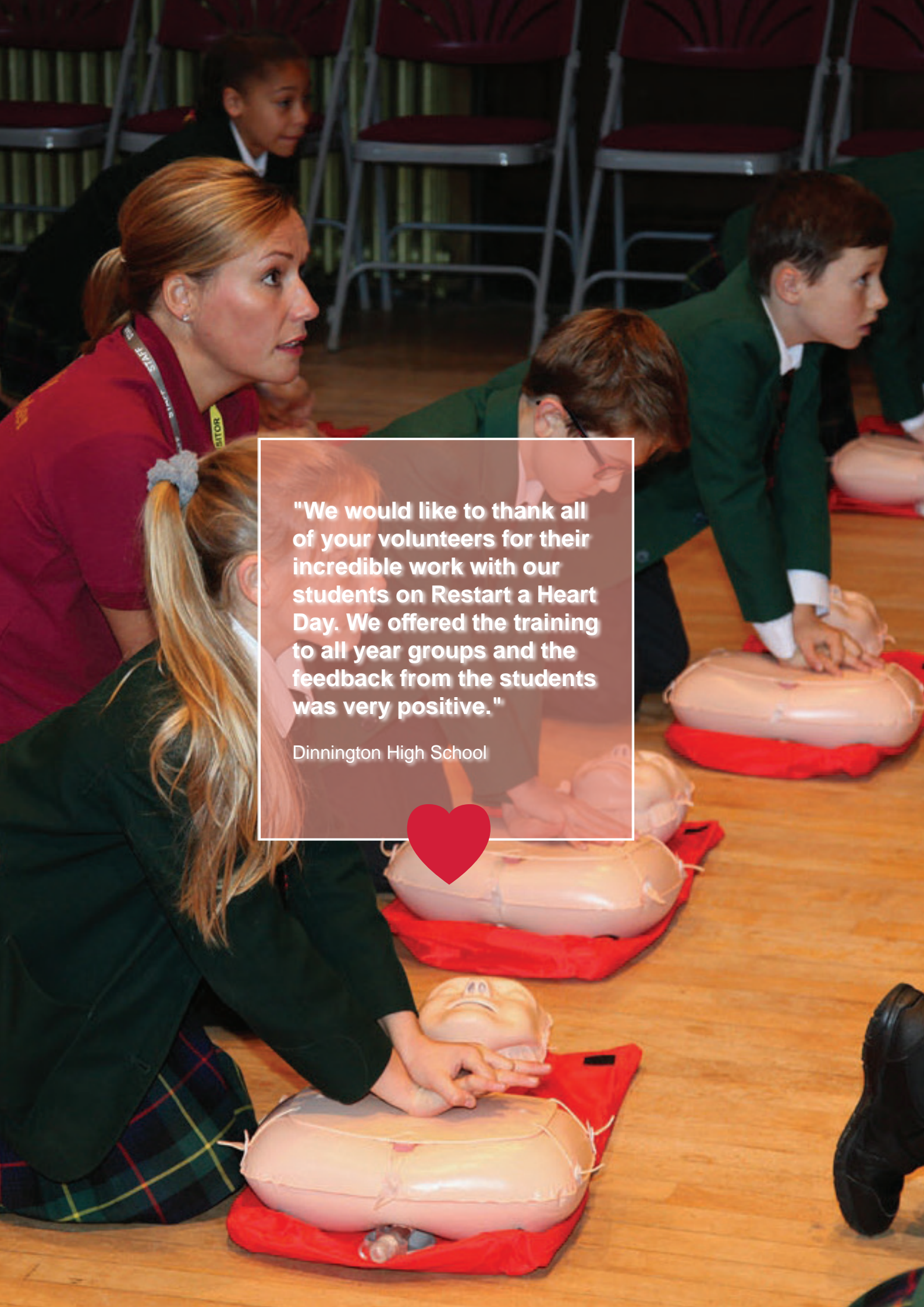
- **A disturbance in the heart rhythm**
- **Drugs/poisoning**
- **Heart disease/a heart attack**
- **Traumatic injury/blood loss**
- **Anaphylaxis (allergic reaction).**
- If a cardiac arrest occurs, blood will stop circulating around the body. Breathing will also cease as well although it may not stop completely for several minutes. Without a supply of oxygen, the cells in the body start to die. Brain cells are incredibly sensitive, after about four or five minutes of no oxygen, brain cells will begin to die, 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 which delivers an electrical shock to the heart to help 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 patient's chances of survival double.



- 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 patient 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.





A group of students and a teacher are participating in a CPR training session. They are kneeling on a wooden floor, practicing chest compressions on inflatable mannequins. The students are wearing school uniforms, and the teacher is wearing a red shirt. The background shows rows of folding chairs.

**"We would like to thank all  
of your volunteers for their  
incredible work with our  
students on Restart a Heart  
Day. We offered the training  
to all year groups and the  
feedback from the students  
was very positive."**

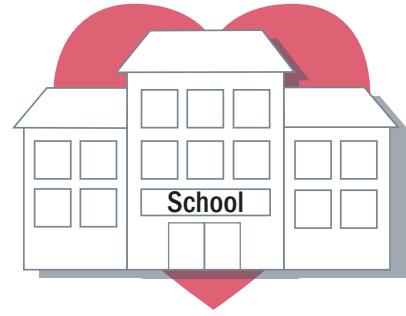
Dinnington High School



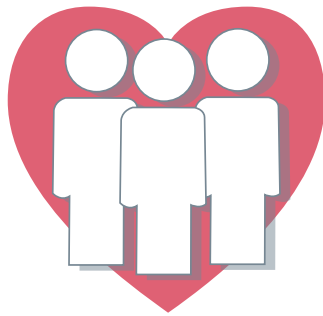




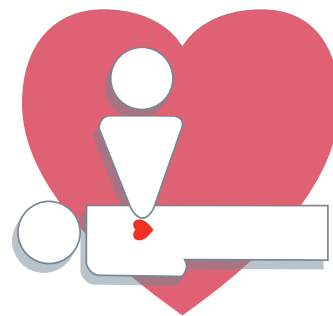
**since  
2014**



**651  
Schools**



**25,494  
Volunteer  
hours**



**151,531  
Students trained  
in CPR**

**[www.restartaheart.yas.nhs.uk](http://www.restartaheart.yas.nhs.uk)**

**#restartaheart**

0207 YAS-014-02-20