



# RESTART A HEART DAY

16 October 2020



## Volunteer Information Pack

# Dear Lifesavers

Thank you for registering to take part in **Restart a Heart Day 2020!** You are joining hundreds of volunteers across Yorkshire who have signed up to provide schools with life-saving cardiopulmonary resuscitation (CPR) training on Friday 16 October 2020.

Some of you may have been involved in our campaign previously but a large number of volunteers are signing up for the first time. By registering with this project you are helping us to create a new generation of future life-savers. This year more than 170 schools will take part across Yorkshire, which will equate to more than 45,000 youngsters learning CPR on one day!

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 it is as high as four in ten. There are several other key factors to this success such as increasing the number of Community Public Access Defibrillators (CPADs) 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 for 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%.

This pack will 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**  
**Senior Engagement Lead (Community)**  
**Yorkshire Ambulance Service NHS Trust**







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# Restart a Heart overview

## 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, India, Sri Lanka and many others across Europe.

## What will the day involve?

On **Restart a Heart Day**, a number of instructors (based on the number of students a school has requested training for) will visit an allocated school. The length of time we will spend at each 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 also 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. Volunteers will visit a 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 a school day - a maximum of 300 pupils.

## Who are the instructors?

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

## What resources do we need?

We need an appropriate-sized room for the requested number of pupils to be taught (maximum 30 at a time) with plenty of floor space to work on. We 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 a school has provided 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. As a volunteer you will be informed what your assigned school has provided consent for. Please also confirm with the school on the day before taking any pictures.

# Lead volunteer - role description

Lead volunteers are allocated to all secondary schools participating in **Restart a Heart Day**. You do not have to be clinically-trained to carry out this role.

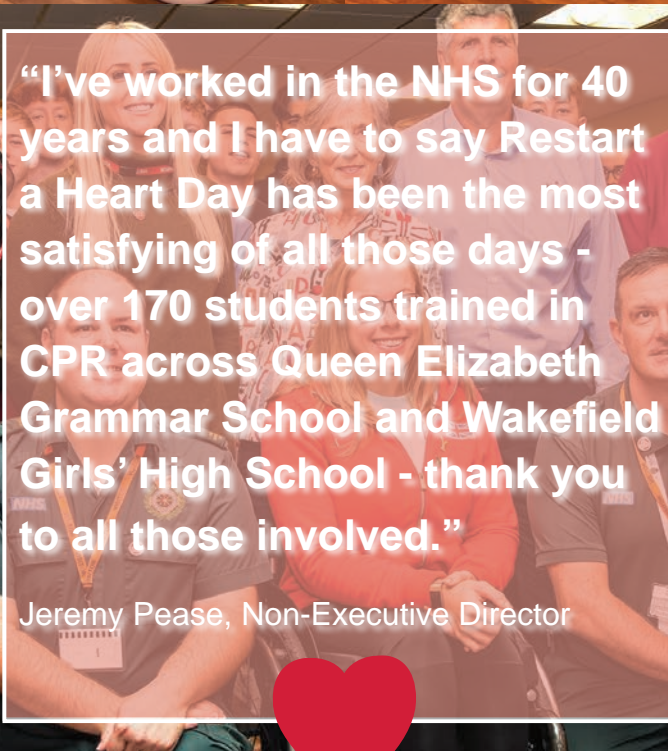
## Roles and responsibilities

1. Carry out a pre-event site visit to your allocated school before Friday 17 July 2020. The primary purpose of this visit is to make contact and introduce yourself to the school but also to ensure that any potential issues are identified before the day. A site visit checklist can be found on page 7.
2. Be the first point of contact for the volunteers who have been allocated to your school. Liaise with the volunteers and ensure they are fully briefed prior to the event and know what is expected of them.
3. Ensure you and your team of volunteers have watched the online briefing video which can be viewed at:

[www.restartaheart.yas.nhs.uk/get-involved/volunteers/](http://www.restartaheart.yas.nhs.uk/get-involved/volunteers/)

4. Manage the event on **Restart a Heart Day**. You will have overall responsibility for the event at your allocated school on 16 October. You, or someone allocated by you, should provide a brief introduction to each training session which will be delivered via an interactive DVD (our volunteers are there primarily to coach the practical elements of the training).







# Lesson plan

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

Before starting the DVD, one of the volunteers (usually the senior clinician) will give a brief introduction and explain the importance of performing CPR. Here is a suggested script for inspiration!

“Hello and thank you for inviting us to visit your school on **Restart a Heart Day**.

My name is XXXXXX and I work for Yorkshire Ambulance Service. I am going to give you a brief introduction about what is happening today.

You are one of many schools across Yorkshire taking part in our seventh **Restart a Heart Day**. Over the past six years we have taught more than 151,531 students just like you how to save someone’s life.

Every year about 30,000 people across the country have a cardiac arrest outside of hospital. A cardiac arrest is the ultimate medical emergency and is when the patient’s heart stops and they are not breathing.

In this country about 1 in 10 of these patients survive their cardiac arrest but in countries where CPR is taught as part of the school curriculum it is as high as 4 in 10. We want to equip as many young people as possible with the skills and knowledge to potentially save a life in the future. We need people like you to be able to recognise a cardiac arrest, call for help early and start life-saving CPR in order to give patients in this area the best chance of survival.

By getting involved and performing CPR you can double the chance of survival for that person. Furthermore, if you have access to a defibrillator you can triple their chances of survival.

We will be teaching you today using an interactive DVD. The DVD talks you through and demonstrates what to do at each stage. You will then be asked to perform the skill it has demonstrated. Please do this quietly (unless it is the shout for help section!) as the DVD continues and you will miss the next part if you are being noisy.

There are a number of our staff and volunteers around the room who will be able to assist you with the practical elements; feel free to ask for help.

Please remember, while this is intended to be fun, this is a serious lesson and you could one day save a life. Thank you and enjoy!”

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 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.

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 a school is supplying 30 students per session we will aim to provide at least three (maybe more) volunteers in addition to their 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 a school. **It is the school's responsibility to provide these.** If a school is unable to use the alcohol wipes contained within the packs it is their 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 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 ask that volunteers make a site visit to their allocated school in advance. This can be done by one individual or by multiple members of the team together. This should be coordinated by the allocated lead volunteer to prevent multiple visits (the names of who has been allocated which school will be circulated).

The primary purpose of this visit is to make contact and introduce yourselves to the school but also to ensure any potential issues are identified before the day.

## The following checklist will help with your site visit:

- Discuss parking arrangements for volunteers on the day.
- Discuss school security requirements for volunteers, eg are names required in advance?
- Check that the room allocated for training delivery is an adequate size for the number of students.
- Confirm that no tables or chairs are required in the training room.
- Ensure that there will be a DVD player, projector and speakers in the training room on the day.
- 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.
- Ensure the school understands that additional hygiene wipes will be required if large numbers of students are to be taught and it is the school's responsibility to provide these.
- Ensure the school understands that the manikins **MUST** be inflated prior to our arrival.
- Ensure the school understands that their teaching staff will 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 volunteers on the day.
- Discuss if the school has considered making the most of their **Restart A Heart Day** by theming the day to raise the profile of CPR across the whole school and/or holding a fundraiser to support the work of the Yorkshire Ambulance Service Charity which helps to fund 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 encourage schools to share this with their students in the build-up to 16 October or on the actual day.
- Ask for the name and contact details of the school careers' advisor so we can provide recruitment information at a later stage.

Following your site visit please email [yas.restartaheart@nhs.net](mailto:yas.restartaheart@nhs.net) with the name of the school visited and the following information:

- **name of person/s carrying out the site visit**
- **date the visit was carried out**
- **name and contact information of school careers' advisor**
- **any issues raised.**

# Checklist for the day

- All volunteers who normally wear uniform ie YAS clinicians, St John Ambulance volunteers and fire service personnel will be expected to wear their uniform.
- All volunteers who don't normally wear uniform can wear their usual work attire. Please ensure you have your ID badge with you.
- Be aware that everything that we say or do is likely to be seen or heard so please maintain professionalism at all times.
- Media coverage is expected from local and regional media. We will try to target media to specific schools where a 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 in the bags of manikins and therefore a clear floor space is required to accommodate a maximum of 30 students (or less dependent on your group sizes).
- Ensure that there is a projector, DVD facilities and speakers 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 event.
- 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 [yas.restartaheart@nhs.net](mailto:yas.restartaheart@nhs.net)
- 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.
- 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 by emailing [yas.restartaheart@nhs.net](mailto:yas.restartaheart@nhs.net) at the end of the day.





# Key messages

Here are some key resuscitation messages which 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 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 restart it.
- Over 30,000 people suffer cardiac arrests outside 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.





# Media information

All media activity relating to **Restart a Heart Day** will be managed and co-ordinated by the Yorkshire Ambulance Service Corporate Communications Team.

We will seize proactive and reactive media opportunities to highlight our role in 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.

The media will be focused on four schools (representing North, East, South and West Yorkshire) where we will have presence from local YAS managers who will carry out any media interviews.

Details of these schools will be circulated nearer the time.

However, there may be requests for photographers/journalists to attend other schools participating in the event and any interviews at additional locations will be managed by the Corporate Communications Team.

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

### 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 [yas.restartaheart@nhs.net](mailto:yas.restartaheart@nhs.net) 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 which pupils can be photographed.

### Social media

If you have time, please talk about your **Restart a Heart Day** activity on Twitter, Facebook and Instagram. Make sure you tag **@YorksAmbulance** (Twitter), **@Yorkshireambulanceservice** (Facebook), **yorksambulance** (Instagram) and use the hashtags **#restartaheart** and **#worldrestartaheart**. Other useful hashtags are **#lifesavers** and **#CPRsaveslives**. Please also feel free to tag our partners **@YASCFR**, **@TheBHF**, **@yas\_charity**, **@ResusCouncilUK** and **@stjohnambulance**.

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 the Corporate Communications Team, email [yas.internalcomms@nhs.net](mailto:yas.internalcomms@nhs.net) or phone 0845 120 0048.



**"I had an amazing  
time giving students  
the basic skills to  
perform CPR. It was  
great experience for  
me and I gained a lot."**

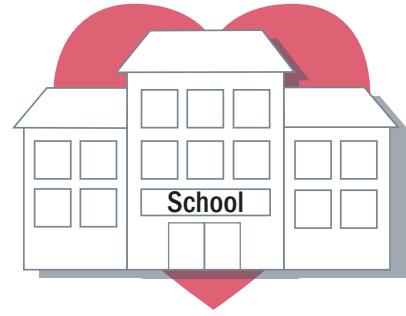
Student Paramedic, Sheffield



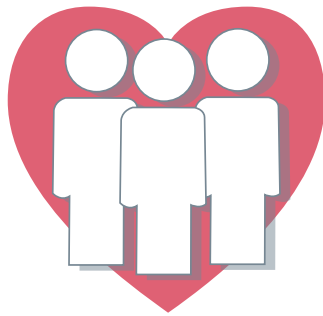




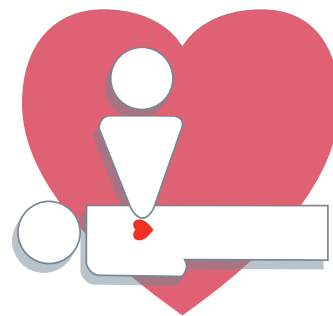
**since  
2014**



**651  
Schools**



**25,494  
Volunteer  
hours**



**151,531  
Students trained  
in CPR**

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

**#restartaheart**

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