





# Dear Life-savers

We're back! Welcome to all of you who have signed up to take part in Restart a Heart Day 2021 after our enforced absence from schools last year. On Friday 15 October we will visit 114 schools across Yorkshire to teach life-saving cardiopulmonary resuscitation (CPR) and we can't wait!

The campaign has become even more important since last year for a couple of reasons. Firstly, the event offers schools a ready-made solution now CPR and first aid are part of the school curriculum in England. Secondly, COVID-19 has had a negative impact on bystander CPR rates and cardiac arrest outcomes, threatening to undo all the good work previously done. More people are having cardiac arrests in the home due to social isolation and this, together with an increased reluctance to perform CPR due to the risk of virus transmission, has resulted in a global reduction in bystander CPR which ultimately impacts on cardiac arrest survival rates.

So it's never been more important to continue with raising awareness and teaching CPR across the county to make Yorkshire the place to live AND survive!

Internationally we are seeing more countries support the initiative, pioneered here in Yorkshire, and we are currently working closely with campaigners Nigeria and Finland to share our learning and experience and help them establish their own life-saving programmes.

As ever, your support of this campaign is hugely appreciated, we cannot thank you enough for being involved and giving your time to deliver this training in our communities. With your help we are inspiring a generation of future lifesavers.

This pack will provide you with the information you need to ensure that your day runs smoothly. It is worth noting that there are some developments this year such as the introduction of our <https://restartaheart.yas.nhs.uk/get-involved/pillow-partner/> training aid and also translated materials to support CPR training in eight other languages.

Once again, thank you for your involvement, we're sure it will be a really memorable day!



**Jason Carlyon**  
Community Engagement Manager  
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 seven 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 a training video with practical instruction on inflatable manikins. Children will also have the opportunity to ask questions.

## How many pupils can receive the training?

We will accommodate class sizes to match the number of manikins a school has. Volunteers will visit a school for anything from an hour or the full day to teach as many groups as possible. Based on the length of each session, we can potentially deliver 10 sessions in a school day.

## 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 with plenty of floor space to work on. We also need access to multimedia facilities - a streaming device 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 24 September 2021. 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 8.
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. Keep in regular contact with your volunteers and ensure they receive any updates.
3. Ensure you and your team of volunteers have watched the training video that will be used with students on the day so you are familiar with the content. This can be viewed at <https://youtu.be/YgQdVkFbQkk>. We will also provide additional documentation for lead volunteers to circulate to their volunteers.
4. Manage the event on **Restart a Heart Day**. You will have overall responsibility for the event at your allocated school on 15 October. You, or someone allocated by you, should provide a brief introduction to each training session which will be delivered via the YAS video (our volunteers are there primarily to coach the practical elements of the training).

5. There is an element of flexibility about how you deliver the event at your chosen school. However within the 25-30 minutes you have been allocated, it is suggested that the lesson takes the following format (items marked \* must be carried out):

- Introduction of the day, its importance and purpose (CPR Anywhere video below is a useful introduction)
- \*Students watch the YAS CPR tutorial video – 7.5 minutes (<https://youtu.be/YgQdVkFbQkk>)
- \*Volunteer-led practice of the elements of CPR using the manikins.

**Additional optional videos:**

- [CPR Anywhere campaign video](#) (2 minutes)
- [Everything you need to know about life-saving defibrillators](#) (7 minutes)
- [The story of a Restart a Heart student who saved a stranger's life](#) (6.5 minutes)
- [Makaton CPR video](#) (3 minutes)
- [Yorkshire celebrities teach CPR](#) (2 minutes)
- [Daisy teaches CPR on her Pillow Partner](#) (3.5 minutes)

6. Students respond well to real-life stories of successful resuscitations to reinforce the messaging. If sharing any stories, please be mindful of patient confidentiality and also the sensitivities of students.



# Why are we teaching students CPR?



Cardiac arrest occurs when the heart stops pumping blood around the body and causes a person to collapse and stop breathing normally



In the UK fewer than one in 10 people survive a cardiac arrest



In the UK there are over 30,000 out-of-hospital cardiac arrests a year where emergency medical services attempt resuscitation



There is a 10% decrease in chances of survival for every minute that passes without CPR



Around 80% of out-of-hospital cardiac arrests happen in the home



By learning CPR, you can more than double someone's chances of survival

## Bystander CPR rates are believed to be low because:



Failure to recognise cardiac arrest



Lack of knowledge of what to do



Fear of causing harm or being harmed



Fear of being sued



# 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 streaming device, projector and speakers in the training room on the day.
- Confirm that there are sufficient manikins on site to enable one per student.
- 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.
- We have a 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 15 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. A clear floor space is required to accommodate the class size you will be teaching.
- Ensure that there is a projector, streaming facilities and speakers in the training room. The majority of the lesson is delivered via a tutorial video 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.





## We have many resources to help you make the most of your day:

### Videos

- Learn how to do CPR in a fun and engaging way with our very own Jon Thordarson and Sally McKee\*
- Nine-year-old Daisy teaches CPR using one of our new CPR training aids - the Pillow Partner
- Yorkshire celebrities explain how to perform CPR
- The story of a student who saved a stranger's life with skills she learnt on Restart a Heart Day\*
- How to use a defibrillator\*
- CPR tutorial using Makaton sign language for people with communication difficulties
- CPR Anywhere campaign video to highlight the importance of learning CPR on the basis that a cardiac arrest can happen anywhere

### Posters

- How to do CPR\*
- How to use a defibrillator\*
- Restart a Heart Day is coming to your school
- Performing CPR can double someone's chance of survival\*
- Every second counts when someone is in cardiac arrest\*
- Learn CPR, save a life\*

### On-the-day resources

- Checklist to make sure schools are all ready for the life-saving lesson
- Certificate for pupils who have completed the CPR session on Restart a Heart Day
- Certificate for schools which have participated in Restart a Heart Day
- Help us to assess your students' level of understanding of their CPR lesson by asking them to complete a short 10-question quiz at <https://forms.gle/ApooVCa2Zek3NC2N6>

### Educational materials

- Feel a heart in action
- Run a healthy heart campaign
- Create a heart pump
- Make your own stethoscope
- What is shock?
- Multiple choice quiz
- Heart word search

### Letter

Letter to parents/carers of students taking part in Restart a Heart Day explaining the importance of the CPR lesson

### CPR playlist

Enhance your training with a selection of songs with the appropriate beat to get the rhythm right for performing CPR

These resources can be accessed via this QR code or by visiting our Restart a Heart website at: <https://restartaheart.yas.nhs.uk/get-involved/cpr-training-resources/>

\* These resources are also available in Urdu, Punjabi, Chinese, Polish, Kurdish, Slovak, Arabic and Gujarati via the website detailed above.



## 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**.

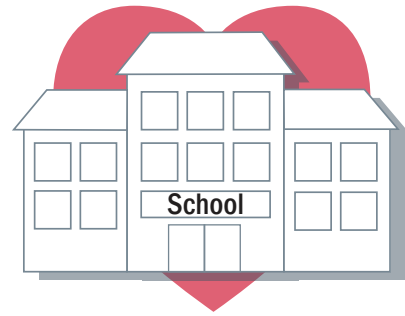
Please ensure the school you attend has consented to publicity before posting any identifiable messages.

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 0333 130 0515.

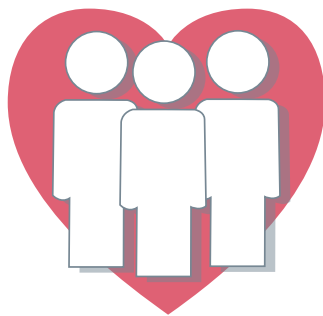




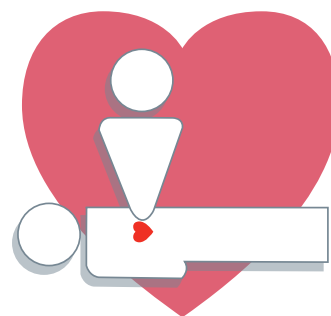
**since  
2014**



**651  
Schools**



**25,494  
Volunteer  
hours**



**151,531  
Students trained  
in CPR**

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

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