



Celebrating 11 years of Restart a Heart Day



Dear Volunteers,

Welcome to all of you who have signed up to take part in our 11th annual **Restart a Heart Day on Wednesday 16 October 2024.**

When we launched the campaign to teach CPR in schools in 2014, we didn't anticipate how the event would grow to reach so many people, not just in Yorkshire but across the UK and around the world.

And none of it would have been possible without YOU! Every year so many of you offer your time to teach CPR which is humbling, testimony to your dedication and truly appreciated. So, the biggest thank you is reserved for YOU!

We know there are people living in our communities who are alive and well today thanks to the training YOU have provided to schoolchildren who have used these skills to save lives. I'm sure you'll agree, there's no better reward or motivation than that.

As ever, we welcome many new volunteers this year who will be helping with our event, alongside those who have taken part previously.

I would suggest to any new volunteers who may be feeling a little nervous or unsure about to expect that it is worth talking to your colleagues with experience of Restart a Heart Day.

We continue to be supported by the Yorkshire Ambulance Service Charity and are grateful to them for providing funding that enables us to develop the campaign each year. Please check out ways to support them on their <https://www.yascharity.org.uk> website.

Whether you are new to the campaign or have been involved previously, you should still find useful content in this information pack to ensure your day runs smoothly. We hope you have an especially enjoyable and memorable day as we celebrate 11 years of Restart a Heart Day in Yorkshire!

Kind Regards



Jason Carlyon
Community Engagement Manager
Yorkshire Ambulance Service



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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 10 years on **Restart a Heart Day** we have taught life-saving skills to an incredible 234,708 youngsters at the majority 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 and in how many groups 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 to 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. There is some flexibility for students to share manikins in order to teach more students as long as the session length is changed accordingly. This needs to be organised in agreement with the lead volunteer.

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 being allocated to all secondary schools participating in **Restart a Heart Day** on Wednesday 16 October 2024. 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 20 September 2024. 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. It is essential that this visit is carried out to allow ample time to resolve any issues. Please follow the site visit checklist on page 8 and make sure you complete the short form about your visit.



2. Be the first point of contact for the team of volunteers which has 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. Ensure volunteers' DBS certificate numbers and/or copies of certificates are provided to the school, if available, before the event. Keep in regular contact with your volunteers to ensure they receive any updates.

3. Ensure you and your team of volunteers have watched the training video. The training video is available online - <https://youtu.be/YgQdVkFbQkk> - this is the video that will be used with students on the day so volunteers need to be familiar with its content. In addition YAS will produce additional documentation for volunteers that will be circulated via the Restart a Heart Day lead.

4. Manage the event on Restart a Heart Day. You will have overall responsibility for the event at your allocated school on 16 October 2024. 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. How you choose to deliver the event at your chosen school is largely up to you. However, within the 25-30 minutes you have been allocated, the following elements must be included:

- Students watch YAS CPR video (<https://youtu.be/YgQdVkFbQkk>) (7.5 mins)
- Students practice on the manikins, supported by volunteers

To support the introduction to the session, its importance and purpose, we have an optional PowerPoint presentation here - <https://restartaheart.yas.nhs.uk/get-involved/volunteers/>. The CPR Anywhere campaign video below is also a useful introduction.

Additional optional videos:

<https://youtu.be/qHZf139r7cs> Students watch AED video (7 mins)

<https://youtu.be/kHrFzNym6t8> Daisy teaches CPR on her Pillow Partner (3.5 mins)

<https://youtu.be/9DkF2SEmYmc> CPR Anywhere campaign video (2 mins)

<https://youtu.be/4oLwyAeb94I> Makaton CPR video (3 mins)

<https://youtu.be/H94mSj1Gs-8> Keith and Martha's story (6.5 mins)

<https://youtu.be/4o9Vf0GpmJo> Celebrities teaching CPR (2 mins)

Music to accompany the students trying CPR, enabling them to keep to the correct rhythm, is always well received. There is a CPR playlist on Spotify -

<https://open.spotify.com/playlist/7oJx24EcRU7fIVoTdqKsck>

so you can stream your chosen music via the school speaker system.

Students respond really well to real-life stories and hearing about successful resuscitations reinforces the message. If sharing any stories, please do be mindful of patient confidentiality and also the sensitivities of the students.

Why should your students learn CPR?

Did you know?



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

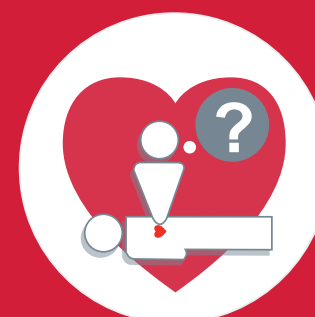


By learning CPR, you can more than double someone's chances of survival

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

At the site visit you should:

- Confirm timings on the day and student group numbers.
- Discuss parking arrangements and school security requirements for volunteers, e.g. are names required in advance?
- Check that the room allocated for training delivery is an adequate size for the number of students.
- Ensure that there will be a computer, DVD player, projector and speakers in the training room which must be cleared of tables and chairs.
- 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.
- Access to a streaming service like Spotify and the CPR playlist if you would like music to accompany the practical element of your lesson. <https://open.spotify.com/playlist/7oJx24EcRU7fIVoTdqKsck>
- If the school isn't using the BHF kit they must either have Pillow Partners or alternative manikins. These will need to be checked to make sure they are functioning correctly.
- Ensure the school understands that additional hygiene wipes will be required if large numbers of students are to be taught (**it is the school's responsibility to provide additional wipes**).
- Ensure the school understands that the BHF 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.
- If the school requires loan manikins for the event, of which limited numbers are available, you will be the liaison for requesting these and, where possible, collection/return. Loan requests must be submitted ASAP to ensure availability.

Whilst on site please access <https://survey.yas.nhs.uk/s/Restart-a-Heart-Site-Visit-Checklist-2024/> via a smartphone to complete a short form about your site visit. This allows us to track which visits have been carried out. If you have any specific issues on your site visit, please email us with details at yas.restartaheart@nhs.net



Checklist for the day

- Ensure volunteers' DBS certificate numbers and/or copies of certificates have been provided to the school. If these are not available it simply means a school representative will need to accompany these volunteers at all times.
- 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
- 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 at the end of the day.



Resources

Videos

- Interactive CPR simulation training video
- 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
- 1940s style CPR video

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
- Do you know where your nearest defibrillator is?

Letter

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

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 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

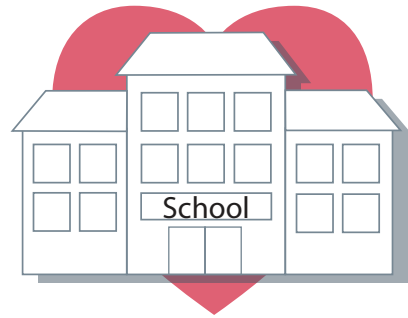
If you have time, please talk about your **Restart a Heart Day** activity on Twitter, Facebook and Instagram. Make sure you tag [@YorksAmbulance](#) (Twitter), [@Yorkshireambulanceservice](#) (Facebook), [yorksambulance](#) (Instagram) and use the hashtags [#restartaheart](#) and [#worldrestartaheart](#). 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.

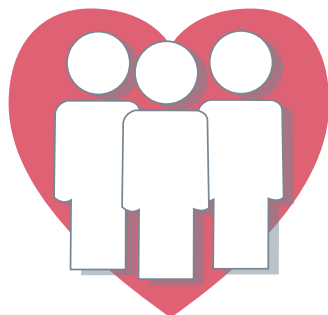
When posting on social media, remember to be yourself, be factual, be professional, be interesting, be relevant and be sensible! For further guidance, contact the Corporate Communications Team, email yas.internalcomms@nhs.net



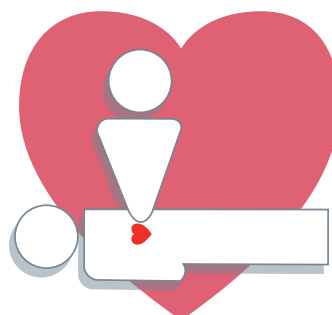
**since
2014**



**1,047
Schools**



**39,213
Volunteer
hours**



**234,708
Students trained
in CPR**

<https://restartaheart.yas.nhs.uk>

#restartaheart

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