



Everyone can learn CPR

Starting CPR saves lives. Let's be ready. Save a life for Scotland





We believe everyone can learn CPR. It's not just for grown ups.

Every week in Scotland, 70 people have a cardiac arrest outside of hospital. From when they collapse, every second really does count. We are really fortunate to have great emergency services who will come as quickly as they can, however for every minute that passes the chances of the person surviving will drop by 10% unless CPR is performed. Currently, only 4 of the 70 people who experience a cardiac arrest each week will make it back home alive.

In Scotland, we are determined to change that by providing people with the opportunity to learn the lifesaving skill of CPR and help them to realise that they have the power to save a life just by using their hands. Save a Life for Scotland is a national campaign launched in October 2015 with the aim of equipping 500,000 people living in Scotland with the lifesaving skill of CPR by 2020. We are a large and unique group of partners and supporters, a one of its kind. Everyone involved is 100% committed to helping others learn CPR and supporting communities at a local level.

So who are we?

Our partners include:



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Save a Life for Scotland in Schools

Teaching all children what to do in an emergency, how to perform CPR and instruct an adult what to do, has been shown to dramatically increase survival rates from out of hospital cardiac arrest in other countries. We believe it is a life skill every young person should have.

We realise that teaching and working with children can be a very busy job and that finding time for additional activities can be challenging That's where we can help...

We hope that these resources can help you to find a starting point to providing your students with these life-saving skills.

Here's the thing, you're not on your own.

Currently in Scotland there are a number of organisations ready and willing to come and support you with teaching CPR to your young folks for free, and we can link you up with them. You just need to take the step and get in touch with us at hello@savealife.scot



So how does it work?

Primary Schools

We believe that everyone can learn CPR. Even little ones can learn to call for help, ask an adult to start CPR and direct them what to do. We believe that CPR training should start with Primary 1 and if you're wondering if they could understand the message then watch this.



There are a few approaches you can take to helping your pupils learn CPR.

Our Heartstart (The British Heart Foundation), Lucky 2 B Here (Chest Heart and Stroke Scotland), Royal Life Saving Society or St Andrew's First Aid partners may have primary schools projects running in your area so contact us at hello@savealife.scot to find out and we can link you up.

Where no formal local programmes exist, we can work with and support teaching staff to help them deliver CPR training to their classes at a time that suits. Our videos are available on the GLOW video channel to help. If teaching on an individual class basis, one of our partners can come and support you.

Train your whole school in a day and make it an event! We can work with teachers and staff in schools or leaders in youth groups to plan a whole school or group CPR day and enlist support from our partners local to you. Each session only last about 30 minutes for each class. Once your school is trained, we will provide ongoing support to your staff to help keep CPR education sustainable year on year for your school.



I'm interested... how does it run?

If you are looking to teach in the classroom all you need is half an hour, a bit of space and AV equipment to play a couple of videos.

If you want to train your whole school in a day then having access to a main hall with AV equipment is required.

A timetable example for training a full school can be found on GLOW resources.

We advise that children in primary 1 - 5 can practise CPR on their teddies, so they just need to be reminded to bring them in. We've had all shapes and sizes!

Floor mats are also really helpful.



Children in primary 6 and 7 enjoy using The British Heart Foundation 'mini anne' manikins. Every fire station in Scotland has been gifted a bag of 10 manikins that they will happily loan to the school for the day. You can find your nearest fire station via our [postcode finder on our website](#)





There are 3 main things young people can learn in 30 minutes.

- How to recognise when someone is unwell, get adult help and call 999.
- How to recognise when someone is unwell and put them on their side in the recovery position, until help arrives.
- How to recognise when someone's heart has stopped beating, get adult help, call 999 and start CPR or direct an adult how to do it.

The British Heart Foundation video 'Rhian's Day' is available on the GLOW channel and is an excellent resource for teaching young children (Primary 1 - 3) how to call 999 and the questions that they may be asked by the ambulance call handler. Key learning points from this video are:

- Knowing what number to call (999)
- Knowing to ask for an ambulance.
- Knowing where you are (at this point we encourage them to ask whoever looks after them at home to help teach them their address if they do not already know).
- Being able to know if someone is breathing or not.

Our partners can then demonstrate and guide young people on how to put someone in the recovery position, a safe position for someone who is unconscious.

This involves a bit of rolling about on the floor but children as young as primary 1 engage with and manage it well. The British Heart Foundation video 'Milly's Day' is suitable for Primary 3 onwards and demonstrates the recovery position well. It is available on the GLOW video channel.



Teaching CPR

For Primary 1 - 3 we have created a great video with the pupils of Westquarter Primary School in Falkirk. It is available on the GLOW video channel.

Children can watch the video, then practise the six steps on their teddies and then direct an adult how to do hands-only CPR.



Mini Vinnie

Classes above primary 3 still enjoy this video and it works well. We also recommend The British Heart Foundation 'Mini Vinnie' video which is available on you tube <https://www.youtube.com/watch?v=UoZx79Yi2IU>



CHSS - You can do it

Our partners Chest Heart and Stroke Scotland have also produced a CPR video which work well with primary 6 and above and is also available on the GLOW channel.



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Myth Busters

You don't need to be an expert to teach CPR, watching the videos and then following the steps is all that's required.

We have also created a short 'Myth-busting' video which answers some questions around CPR. This is also available on the GLOW video channel which can be included after the CPR practise.





Extras!

We can provide stickers for your pupils. Posters and certificates are available on GLOW

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This certificate is presented to:

In recognition of learning CPR and being ready to save a life.

Presented on: _____  Presented by: _____

Starting CPR saves lives. Let's be ready. Save a life for Scotland 

Every child a lifesaver... and teacher!

Starting CPR saves lives. Let's be ready. Save a life for Scotland





It doesn't stop there

The learning does not stop at the end of the class. We ask each pupil to go home and teach whoever is at home with them the recovery position and CPR using their teddy or a pillow. Our feedback tells us that they do! These young children are teaching their families - what a great thing!



So where does it fit in with my day to day work? What about the curriculum?

We believe that teaching CPR to pupils in a school environment together develops each individual to be:

Successful Learners
Confident Individuals
Effective Contributors
Responsible Citizens

There's always a reason to pass up on these opportunities, 'there's too much on, we're too busy'. We understand that you have a lot to deliver and we're not here to add to that.

We're here to offer help and support to do something truly remarkable with your school and with the young people you care about and teach every day. Let us help.

We'd love to start the CPR conversation with you. Teaching children CPR is not just for the future of Scotland, it's for now. Let's make a difference and save lives together. You are the key to that change.

Why not contact us today? hello@savealife.scot and find out more at www.savealife.scot



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So how does it work?

Secondary Schools

Many of our partners are currently working with secondary schools either through:

The British Heart Foundation's Heartstart Course (these have been discontinued but still run in some schools in Scotland). Please contact hello@savealife.scot for more information.

St Andrew's First Aid BandAge course.

Lucky 2 B Here 'Emergency Life Skills' course runs in every primary and secondary school in the Western Isles Local Authority area and includes CPR and defibrillation. <http://www.lucky2bhere.org/what-we-do/training.htm>

The Royal Life Saving Society 'Save a Life' course - A range of Save a Life series workshops aim to teach basic emergency skills to anyone who cares for a baby, child or adult. <http://www.rlss.org.uk/awards-activities/save-a-life-series/>

The British Red Cross have created an interactive and engaging first aid resource for teachers of 11 -19 year olds. It's free and can be found at redcross.org.uk/youngpeoplefirstaid

If there is no active course in your area, we can help.

So how can you get your pupils trained in CPR?

First things first, secondary schools in Scotland who do not have equipment from the British Heart Foundation are eligible to apply for free training equipment so please do that! You need to apply directly to them but the process is simple and online. Follow this link and get started today www.bhf.org.uk/heart-health/how-to-save-a-life/cpr-kits



If you require more equipment for your training, EVERY fire station in Scotland also holds CPR training equipment gifted from the British Heart Foundation. You can find your nearest fire station using our training postcode search <http://www.savealife.scot/cpr-training/> Our wide partner group can also supply equipment so you won't be short.



Want to train your school class by class?

Using the British Heart Foundation equipment you can take a class by class approach. The kit includes a self train DVD so all you need is AV equipment, half an hour and a bit of space. Our partners will also be able to come and support you if required.

There are other videos available on GLOW that you can use when teaching too.

Do you know CPR

Our 'Do you know CPR?' video introduces why learning CPR is essential.



CHSS - You can do it

Our partners Chest Heart and Stroke Scotland have also produced a CPR video which work well with secondary school age pupils and is also available on the GLOW channel.



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BHF - Staying Alive

The British Heart Foundation has also produced a video to help people learn hands-only CPR. Save a Life for Scotland is committed to teaching people hands-only CPR and this video works well with secondary age pupils.



RRG - Gregor's Story

For pupils in year 5 and 6 there is a great video created by the Resuscitation Research Group, Edinburgh telling the story of Gregor Newton who suffered a cardiac arrest at home. His children helped bring him back to life. This video does not teach CPR but raises awareness of how important a skill it is to know. This video is available on GLOW.





Want to train your whole school in a day and make an event of it? We can help!

Save a Life for Scotland partners have helped schools train in excess of 700 pupils in one day. We can organise all the equipment you will require and enough hands to help. For you, it's as straightforward as organising a day of back to back assemblies. These days bring your pupils together to really achieve something remarkable.

The Community School of Auchterarder

In June 2016 we supported the Community School of Auchterarder to train over 500 pupils in one day. Organised by the school's Janitor, a Community First Responder, over 20 of our partners came to support this entire school to learn CPR. Here's what the Headmaster had to say...



STUART CLYDE, HEAD TEACHER
THE COMMUNITY SCHOOL OF AUCHTERARDER



The day engaged all pupils and the senior pupils created this great video to remember the day by.



Using our partner group we can help train your staff and pupils. By training all pupils we can then support senior pupils to learn how to teach younger years. Increasing their skills will help you have a school which can support CPR training year on year with new pupil intake, making CPR training in your school sustainable.

Extras!

We can provide stickers for your pupils. Posters and certificates are available on GLOW.



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[savealifescot](https://www.snapchat.com/add/savealifescot)

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