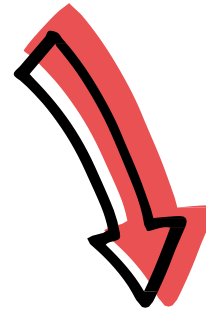


# Restart a Heart Day 2020.



**British Red Cross**

**October 2020**



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of kindness**

## Introduction



Every October, hundreds of thousands of people across the UK – and many more worldwide – learn how to help someone who unresponsive and not breathing as part of Restart a Heart day.

The campaign is led in the UK by Resuscitation Council UK.

The British Red Cross partner on this campaign alongside the British Heart Foundation, St John Ambulance and Yorkshire Ambulance Service.

In 2019, over 291,000 people learned vital skills as part of Restart a Heart day.

We know that if more people learn First aid skills, more lives could be saved.

## About the British Red Cross

We launched our support line to help with loneliness, mental health issues and accessing essentials such as food and prescriptions.

We continue support people to live independently at home or after a stay in hospital.

We developed resources that offers advice about coping with loneliness and activities for young people.



## Learning outcomes

- Consider and discuss their thoughts about 'first aid' or 'helping others'.
- Describe the barriers to helping and what might contribute to someone not feeling able to take action to help.
- Feel confident and have the skills to help someone who is unresponsive and not breathing.
- Get help in a medical emergency.



**“Be the change you  
wish to see in the  
world”**



Quote from: Mohandas “Mahatma” Gandhi

lived in India from 1869-1948. Gandhi protested  
without violence to highlight the importance of  
freedom, human rights, and for the  
independence of India from British rule.



Would you help them?





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Watch the video: <https://vimeo.com/378273209>

While we waited for help to arrive, what was the key action Tom took that helped save her?

- ➔ Back blows
- ➔ Chest compressions
- ➔ Rescue breaths





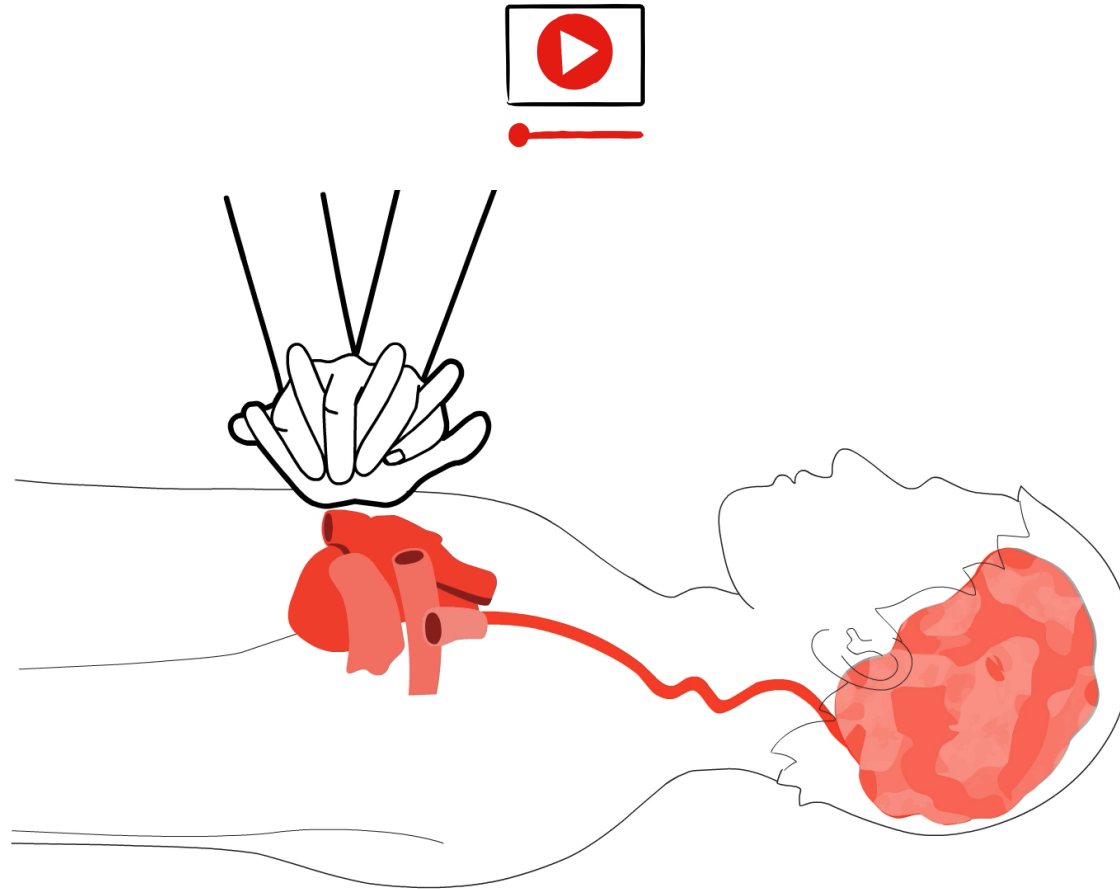
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Check for a response, If they are not breathing, their chest or stomach will not be moving. You should lay a cloth or towel over the nose and mouth of the person.



Call 999 immediately or ask someone else to do it.



Give chest compressions by pushing firmly in the middle of their chest and then releasing until help arrives.

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Watch the video: <https://www.youtube.com/watch?v=3MY0sRYfsRA>

CJ has just finished a weights session at the gym when he spots someone collapsed and unresponsive.

CJ steps in to help, asking his sister for support.





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The gym is my home from home.

I was in training for the new athletics season and had just done a pretty tough weights session.



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My sister had tagged along to go swimming and we were planning on treating ourselves to a cake for all our efforts. We were making our way to the café, when, out of the corner of my eye, I noticed an older guy suddenly fall to the ground. I did a double take. He really didn't look good and wasn't moving.





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No one else seemed to be doing anything and the reception desk was empty. I'd just done first aid as part of my sports course at college and knew someone needed to check if he was OK.



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I shook the guy's shoulders  
and started shouting, "Hello,  
hello, can you hear me?" I  
didn't get any response at  
all.





Trying not to panic, I  
shouted at Joy to call 999  
and ask for an ambulance.  
We had to get help on the  
way as soon as possible.



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I started pushing down hard  
on the centre of the guy's  
chest.



I asked Joy to look for an AED.  
They are usually available in gyms and public places and anyone can use them. Getting one would give us the best chance of keeping him going until the ambulance arrived.





Joy wasn't sure what to do, but I told her to just open the AED case. AEDs tell you what to do.

We just needed to follow its instructions. We stayed with him until the staff came to help. Pushing on his chest was really hard work but worth it.



**Automated external defibrillators (AEDs) are machines that can shock the heart back into a normal rhythm. Who can use an AED?**

- ➔ Anyone
- ➔ Only staff where and AED is kept
- ➔ Only medically trained people



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- Anyone
- Only staff where and AED is kept
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**If someone is unresponsive and not breathing, what is the key action you can take while you wait for help to arrive?**

- ➔ Chest compressions
- ➔ Turn the person on their side
- ➔ Keep them warm





**If someone is unresponsive and not breathing, what is the key action you can take while you wait for help to arrive?**



- Chest compressions
- Turn the person on their side
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Give chest compressions by pushing firmly in the middle of their chest and then releasing.



Tell someone to get an AED as soon as possible.



Open the AED case and follow the voice prompts.

# Thank you.



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