



CPR

Flash mob

A cardiac arrest can happen to anyone at any time. But so can lifesaving CPR training. You've taken up the challenge to create a school of life savers. Kick-start interest amongst your pupils by staging flash mob CPRs around the school site.

- 1 Figure out a time and place for your flash mob CPR
- 2 Grab your CPR kit and some volunteers – maybe have some way to play music
- 3 Walk into a social space and start doing CPR

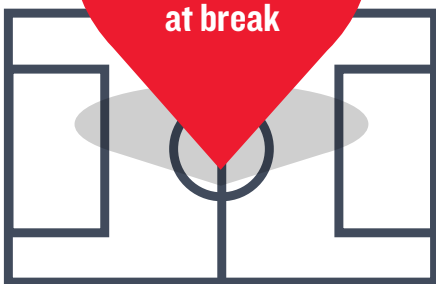
Keep it informal, keep it simple – make it fun!

09.30am
assembly
take-over



Get young people to hijack the PA system with the Bee Gees' Staying Alive and perform a quick round of CPR before calmly returning to their seats.

14.15pm
a pop-up concert
at break



Ask skilled singers to sing the Bee Gees track at break while staff demonstrate CPR.

12.30pm
dining-hall
flash mob



Brief some young people to expect a sudden burst of music on the PA system. As the music begins, they pull out pre-prepared manikins for a short burst of CPR. Once they can have everyone's attention, give a short presentation on how to perform CPR.

**FIGHT
FOR EVERY
HEARTBEAT**

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