



CPR: Speedy response

Responding to a cardiac arrest as quickly as possible with the correct CPR skills can make all the difference to a person's chances of survival. Encourage your pupils to think on their feet with this test in speed and great CPR knowledge.

- 1** Brief pupils to respond whenever they see a distress signal held up by you or a colleague. This could be in the middle of a lesson or in break time.
- 2** The race is on to be the first pupil to recognise the signal and respond as quickly as possible.
- 3** The winner is the first student to the scene who can successfully recite the CPR process, step-by-step.
- 4** The successful CPR hero wins a prize.

Keep your pupils on their toes by conducting the exercise at random moments throughout a week, when they're least expecting it.



**CPR
step-by-step**

- CALL 999
- PUSH hard and fast on the chest 30 times
- give two RESCUE breaths

3
Recite the
CPR process
correctly

4
Win a prize