



# Inspire a room of lifesavers



In Norway 1 in 4 people survive. Why? Because CPR training is more widely taught in schools. Right now only 1 in 10 people in the UK survive a cardiac arrest.

**!** Tell them how many people are in the room and how many of them would survive according to these stats.

## Explain to students that CPR is a life saving skill

Play Samantha's story – on the DVD in your CPR kit.

**!** Tell them about Samantha. A normal girl who did an extraordinary thing. Her mum stopped breathing and she saved her life.



## Play lifesaver case study



A state-of-the-art kit from the British Heart Foundation that means you can train 35 people at a time.

**!** Tell them about Restart a Heart Day 2016, you and 100,000 others across the country will up skill in life saving skills. If you do the training, it means that if the worst thing happens, you'll know what to do.

## Reveal the CPR kit

**FIGHT FOR EVERY HEARTBEAT**

bhf.org.uk