

CALL PUSH RESCUE

Your guide to CPR training

It's helpful to keep your guide with the training kit so that anyone running training can access it.

Welcome

Thank you for ordering your Call Push Rescue kit and joining the British Heart Foundation's nation of life savers.

Thousands of mums, dads, grandparents and children lose their lives every year because less than half of bystanders intervene when they see someone collapse. Not enough people know life saving skills, thank you for helping us change that.

This guide contains all you need to know to plan, prepare, deliver and celebrate your Call Push Rescue training sessions and we're here to help you every step of the way.

While you're doing your bit by training life savers, we're funding the best scientists to research cures for heart and circulatory disease.

For resources, downloads and support contact the team on 0300 333 1333 or lifesavers@bhf.org.uk



Helen
Life saver

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Completing the CPR training is easy, the video, with the real-life stories, really brings home the importance of the skill, the instructions are easy to follow, the kit is simple to set up, and, when completed in groups it can be a great team building exercise too.

Helen Marsh
Head of Communications
Carpetright

Call Push Rescue training at a glance

Planning CPR training

- ✓ **Set the date:** Set up an event that works for you or tie in with an event like Restart a Heart Day.
- ✓ **Sign up trainees:** Aim to train as many people as possible in every session.
- ✓ **Call out:** Download posters from our website and share news of your upcoming Call Push Rescue training sessions.
- ✓ **Book a room:** Make sure it's big enough for your group to watch the easy-to-follow DVD and practice what they learn on the manikins.
- ✓ **Find the time:** Set aside time for your training session. We usually recommend an hour.

Get ready to join a nation of life savers.

Preparing for CPR training

- ✓ **Spread the word:** Every person trained is a potential life saved.
- ✓ **Check out our training tips:** Go to bhf.org.uk/teachCPR for 'How to' videos and resources to make your Call Push Rescue training session a success.
- ✓ **Practice:** Watch the training DVD or videos and have a go on one of your Call Push Rescue manikins so you know what to expect.
- ✓ **Download:** Get certificates and other resources at bhf.org.uk/teachCPR
- ✓ **Get your team onside:** Share the Call Push Rescue training film with colleagues and friends. They can watch the videos too or practice along at home using a cushion or pillow.

Delivering CPR training

- ✓ **Every trainee counts:** Last chance to boost your life saver numbers.
- ✓ **Keep track:** Make sure you keep a record of trainee numbers.
- ✓ **Call, Push, Rescue:** Run your session to make sure trainees can save lives.
- ✓ **Reward:** Hand out certificates to recognise your trainees learning a lifesaving skill.

Celebrating success

- ✓ **Be proud:** Receive and display your CPR certificate.
- ✓ **Shout it out loud:** Share news of your life saving training event on social media, in local press and in internal newsletters.
- ✓ **Report:** Tell us your trainee numbers so we can see the nation of life savers grow.
- ✓ **Get your kit ready for next time:** Thoroughly clean down your kit so that it's safe to be used by the next trainee. If you included rescue breaths in your session change the airways in the manikin.
- ✓ **And repeat:** Set up your next training session and get colleagues or students to do the same.



Angie
Life saver



For over 50 years our research has saved lives.

We've broken new ground, revolutionised treatments and transformed care. But heart and circulatory disease still kills one in four people in the UK. That's why we need you.

With your support, your time, your donations, our research will beat heart disease for good.

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Every year, too many people die in situations where CPR could have given them a chance to live. We are aiming to equip our entire school with the confidence and ability to save a life.

Angie Holland
PA to headteacher
St Paul's Catholic School



Chrissie
Life saver

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I've taken advantage of regular department meetings to make sure I train as many people as possible.

Angie Holland
PA to headteacher
St Paul's Catholic School

Planning training

Your British Heart Foundation (BHF) Call Push Rescue training kit is easy to use and packed with everything you need.

You don't need to be a qualified instructor to run CPR training sessions – the easy-to-follow videos do the work for you. Together we can create a nation of life savers and push up survival rates for cardiac arrest in the UK.

Running training sessions will make sure that, when the worst thing happens, everyone in your community is ready to use their life saving skills to step in and save a life.

In under an hour, Call Push Rescue training will:

- ✔ teach trainees how to recognise a cardiac arrest
- ✔ carry out CPR on adults and children
- ✔ show how and when to put a casualty in the recovery position
- ✔ cover how public access defibrillators work.



Top tip: Get ahead by watching the Call Push Rescue training videos on the DVD in your training kit, watch them on YouTube or download them at bhf.org.uk/cprfilms

What's in your kit:

- ✔ reusable inflatable manikins
- ✔ cleaning wipes
- ✔ practise-while-watching training DVDs
- ✔ red inflation bags
- ✔ 1 manual inflation pump
- ✔ kneeling mats
- ✔ extra manikin replacement parts.



Kieran
Life saver

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If it wasn't for the Call Push Rescue training, I wouldn't have had the confidence to act. Call Push Rescue is a great toolkit to give everyone the chance to save a life.

Kieran Byrne
Life saver

Preparing for training

Cardiac arrest can happen to anyone, at any time. With life saving CPR training and a small amount of planning, we can help save lives.

Find out more about what causes a cardiac arrest at bhf.org.uk/cardiacarrest

All you need to run a Call Push Rescue training session is:

- ✓ a projector or screen to play the training video
- ✓ speakers so trainees can follow the instructions
- ✓ enough space for each trainee to kneel on the floor with a manikin in front of them
- ✓ a sign in sheet to capture how many life savers you've trained.

Across the UK, over 30,000 cardiac arrests happen outside of hospital every year, but less than half of bystanders intervene when they witness someone collapse. This means that thousands more mums, dads, grandparents and children could be saved every year if more people had life saving CPR skills. Help us increase survival rates and help train a nation of life savers by teaching CPR.

Time to get Call Push Rescue ready.

- 1) Choose whether to run a one-off training session as part of an event like Restart a Heart Day or book in a series of regular Call Push Rescue training events and refresher sessions.
- 2) Try and schedule sessions to train the maximum number of people possible every year. Put CPR in your calendar of events.
- 3) Advertise your training sessions to let everyone know where and when they can learn life saving skills.
- 4) Share news of your upcoming sessions in newsletters, through email or on social media.

Visit bhf.org.uk/teachCPR for resources and tips on how to prepare for the big day.

Get ready for your session and take every opportunity to push up your participant numbers and get people excited before the big day.

Call Push Rescue makes training easy – the training video does the teaching for you.

1. Watch the nation of life savers 'How to use your Call Push Rescue training kit' video.
2. Have a go at inflating and cleaning a manikin ahead of your planned session to make sure you've got it covered.
3. Order your Call Push Rescue certificates and other resources to make sure everyone you train feels proud to join a nation of life savers.

For training materials, tips, videos and loads more resources visit bhf.org.uk/teachCPR



Top tip: If you're organising a longer training session, pause the video and give trainees the chance to practice on the manikins.

Be the difference, teach CPR.

80% of cardiac arrests outside hospital happen in the home, often in front of families and loved ones. Every delay reduces a person's chance of survival.

When someone starts CPR, they take over the role of the person's heart and lungs, pumping blood and oxygen to their brain and other vital organs. This buys time until a defibrillator and medical help arrives.

Visit bhf.org.uk/hearthealth for more information on heart health.

There's no time to waste in teaching vital life saving skills and creating a nation of life savers.

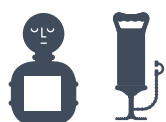
Delivering training

Time to put the power to save lives in your trainees' hands.

It's the big day and all you have to do is get the room ready, inflate and clean the manikins, lay out the kneel mats and set up the training videos.

Your pre-training checklist

- ✓ Lay out a sign in sheet, kneeling mats and cleaning wipes.
- ✓ Inflate and make sure the manikins are clean.
- ✓ Cue up the DVD or online training videos.
- ✓ Have replacement parts (e.g. faces and airways) to hand just in case.
- ✓ Take photos and videos of the training with the consent of participants.
- ✓ Hand out certificates, CPR reminder cards or supporting resources.



CPR training during Covid 19

Ensure that it's safe to conduct your training session following your local social distancing guidance.

For more advice on delivering a training session during the coronavirus pandemic please visit

bhf.org.uk/cprcovid

Packing up your kit

Once you've completed your training you'll need to clean the manikins.

- ✓ CPR manikin faces can be cleaned using the wipes provided.
- ✓ It's recommended that manikin airways are changed at the end of every CPR session, if you've practiced rescue breaths.

Make sure that your kit is fully stocked for the next CPR training session. If you require replacement equipment, you can buy these at giftshop.bhf.org.uk/cpr-training-kits

Make sure you use a sign in sheet so you can record training numbers and, if you get a chance, take a few photos or videos of your trainees learning and practising life saving skills. Share on social media.

Thank you. You'll never know if and when your training may be used, but someone's mum, dad, grandparent or friend might survive because of the life saving skills you've given them.

Whilst you help us train a nation of life savers, we fund the best scientists to research cures for heart and circulatory disease.

Celebrate success, report your numbers.

**Thanks to your Call Push
Rescue training, people in your
community will increase the
chance of saving lives.**

Be proud, shout it out loud!

The life saving doesn't end here. We want to beat heartbreak forever, and we need to know the part you're playing in that. Please record your Call Push Rescue training numbers and make sure you're ready to tell us how many you've trained when we collect this information.

Meanwhile, shout about your successful life saving training sessions and get your community buzzing about the next Call Push Rescue event.



The BHF is the UK's biggest heart research charity. We fund Call Push Rescue training kits in the hope of creating as many life savers as possible. Can you make your Call Push Rescue training kit work harder to save lives? Give others the chance to learn life saving skills and lend your kit.

Thank you for having the heart to help us create a nation of life savers.

Need support?

If you or someone you know has given real life CPR and need some support visit bhf.org.uk/cprsupport

For training materials, tips, videos and loads more resources visit bhf.org.uk/cpr

Get in touch with the team

Need help or advice organising or publicising your Call Push Rescue training session? Speak to one of our team.

Call **0300 333 1333** or email lifesavers@bhf.org.uk



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The DVD is so easy to use and does all the training for you. It makes training accessible to everyone. Don't feel overawed, once your trainees get the chance to do hands on practice, the session takes on a life of its own.

Karen Murell
Community Healthcare Teacher