

Learn CPR, act fast, save lives

Restart A Heart 2024



Yorkshire Ambulance Volunteers Teach Life-Saving Skills at Spring Hill School – October 2024

On **October 16th**, students at Spring Hill School had an unforgettable experience when volunteers from **Yorkshire Ambulance Service** visited to teach us vital CPR skills using rescue training mannequins. The visit was part of **Restart a Heart Day**, an annual event that raises awareness about the importance of knowing CPR and how to respond in emergencies.

During the session, we learned how to perform chest compressions to keep blood circulating in someone whose heart has stopped beating. We were taught key facts about CPR, such as:

- Performing CPR immediately can double or triple the chances of survival in someone experiencing cardiac arrest.
- It's important to push hard and fast in the center of the chest, about 2 inches deep, and at a rate of 100-120 compressions per minute.
- Hands-only CPR is effective, and anyone can learn it to save a life.

We also learnt about the use of defibrillators, which are devices that send an electric shock to the heart to help it start beating again. Learning how to use these life-saving devices alongside CPR is crucial, as they can increase survival rates even more.

Knowing how to restart a heart could make the difference between life and death in an emergency. We are grateful for this amazing opportunity to learn how we, too, can save lives! **Jenny Dickinson, KS2/3 Progress Lead**

