## Saving Lives in the Local Community – learn how to do your bit

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. But you can do now do something about that by borrowing one of the British Heart Foundation's Call Push Rescue kit from the CVS!

The British Heart Foundation (BHF) Call Push Rescue training kit is easy to use and packed with everything you need to give life-saving CPR. You don't need to be a qualified instructor to run CPR training sessions – the easy-to-follow videos do the work for you.
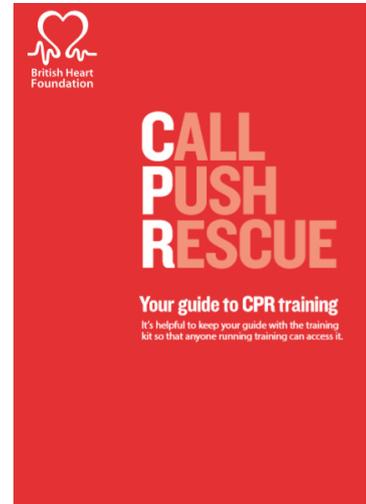
Running training sessions will make sure that, when the worst thing happens, everyone in your community is ready to use their life saving skills to step in and save a life.

In under an hour, Call Push Rescue training will:
- teach trainees how to recognise a cardiac arrest
- teach trainees how to carry out CPR on adults and children
- show how and when to put a casualty in the recovery position and
- cover how public access defibrillators work.

Yes we are interested – what do I do next?

Once you and your group have decided that you would like to run a training session here's what you need to do next:
- **Set the date:** Set up a session that works for you or tie in with another event/activity
- **Sign up trainees:** Aim to train as many people as possible in every session – *please note that the maximum number of attendees per session is 10 due to the number of manikins available*
- **Put the call out:** Download posters and letter templates from the BHF 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 and
- **Find the time:** Set aside time for your training session – ideally one hour.

**Contact Rich Murrell at the CVS
by telephone on 01283 219761 or email richm@sdcvs.org.uk to find out more.**