



# **SAVE A LIFE – DO THIS SIMPLE CARDIO-PULMONARY RESUSCITATION ON-LINE COURSE**

## **BACKGROUND**

**Cardiac Arrest is when the heart suddenly fails to work as a pump and leads to the following symptoms**

- **Collapse**
- **Not breathing**
- **No pulse felt**
- **Loss of consciousness**

**In England there are of the order of 40,000 out of hospital cardiac arrests (OHCA) each year – most of which occur at home (72%) or in the workplace (15%). It is estimated that half of all (OHCA) are witnessed by a bystander - in which case in 7 out of 10 cases receive bystander CPR.**

**Sadly only 1 in 10 survive an OHCA - BUT**

**Two of the most important factors which influence survival include**

- **the time between cardiac arrest and attempted cardiopulmonary resuscitation (CPR),**
- **and early defibrillation\* - see below**

**Immediate initiation of CPR can double or quadruple survival from out-hospital cardiac arrest.**

**Churches are often in a remote setting and the ringing chamber often up a number of steps. – and the average age of ringers continues to rise**

**The British Heart Foundation has an online course to train you in the simple but energy sapping art of CPR . Remember**

- **YOU CAN'T MAKE THINGS WORSE**
- **YOU MAY SAVE A LIFE**

**Access the online course at**

**[www.bhf.org.uk/cpr](http://www.bhf.org.uk/cpr)**

**The “Free interactive CPR training” is a marvellous yet simple 15 minute “what you need to know” item**

**The “Step-by-step guide to CPR” answers many common questions**

**You can even print off a certificate when you have done the interactive course!!**

#### **\*DEFIBRILLATORS**

**The basic course does NOT cover the use of defibrillators BUT the chance of survival is increased if they are used. Today the “community” defibrillators are automated and tell you what to do!! –**

**REMEMBER - YOU CAN'T MAKE THE SITUATION WORSE**

#### **WHERE IS THE NEAREST DEFIBRILLATOR?**

**Tower Captains – you can find the registered ones at**

**<https://www.defibfinder.uk>**

**–perhaps display this in the ringing chamber?**

**(not all defibrillators are registered e.g Lincoln Cathedral which has one in the ringing chamber)**



## Steps to CPR

Less than 1 in 10 people in the UK survive an out-of-hospital cardiac arrest.

A cardiac arrest is the ultimate medical emergency. Follow these steps to help save a life.

# Call Push Rescue



- 1 Shake and shout**  
Check if the area is safe, if the person is responsive and shout for help.



- 2 Call 999, send someone for a defibrillator**  
Continue CPR and follow the defib's instructions.



- 3 Check for signs of life**  
Lay a piece of material over their mouth and nose, if there's risk of infection.



- 4 Give continuous chest compressions**  
Repeat until the ambulance crew has taken over.



- 5 Wash your hands**  
Thoroughly wash with soap and water or use an alcohol based hand gel.

To learn life saving CPR  
[bhf.org.uk/cpr](https://www.bhf.org.uk/cpr)

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