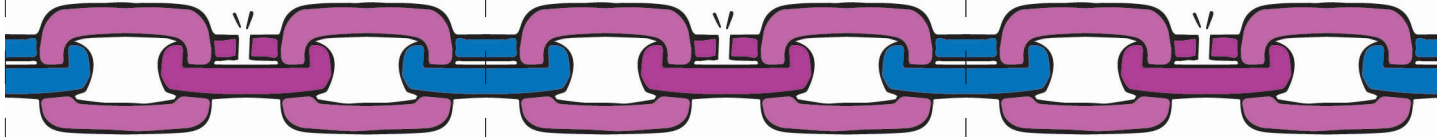


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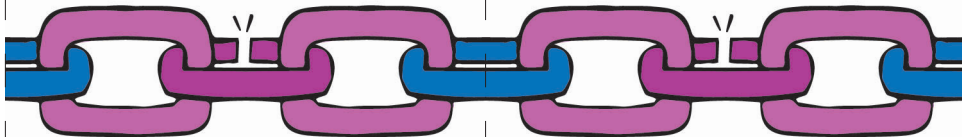
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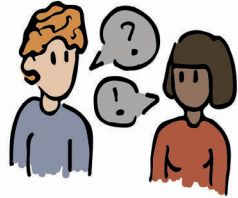
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Community Readiness



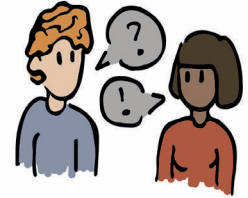
Community Readiness



Community Readiness



Community Readiness



Community Readiness

Community Readiness

Community Readiness

Community Readiness

Early Recognition
and Call for Help



Early Recognition
and Call for Help



Early Recognition
and Call for Help



Early Recognition
and Call for Help



Early Recognition
and Call for Help

Early Recognition
and Call for Help

Early Recognition
and Call for Help

Early Recognition
and Call for Help

A. If A) continue play, B) deduct a life point.
Cardiac arrest is when the heart stops beating and CPR involves pushing on the chest hard and fast.

Q. Has everyone playing learned about Cardiac Arrest or CPR in the past?
A) Yes
B) No

A. If A) continue play, B) deduct a life point.
During the COVID-19 pandemic, do not place your face near the person to check for breathing. Listen and look to see if their abdomen is rising and falling normally.

Q. How do you check if the person is breathing normally?
A) Listen and look to see if air comes out of their mouth.
B) Put your hands on their chest and push to find out how hard the chest is moving.
Q. How do you check if the person is breathing normally and the call handler asks you to check?

A. A cardiac arrest is most likely to happen in the home. By talking with your family and friends about cardiac arrest, you can be prepared to save the life of your loved ones.

Q. Have you talked to your family and friends about what your plan would be if someone has a cardiac arrest? Why or why not?
Discuss to continue play.

A. If A) continue play, B) deduct a life point.
Both are life-threatening and you will need to call 999. With a heart attack, the person will be conscious and breathing. Someone in cardiac arrest will be unconscious and not breathing or not breathing normally and requires immediate action.

Q. Is there a difference between a heart attack and a cardiac arrest?
A) Yes
B) No

A. If it's safe to do so, check in on the person and see if they require help. Often a stranger checking in on a person is the first step to help save a life.

Q. You find someone collapsed on the street, do you stop to check if they are okay or do you go past? Why or why not?
Discuss to continue play.

A. If A) continue play, B) deduct a life point.
A person in cardiac arrest will be unconscious and not breathing or not breathing normally. Call 999 immediately and they'll talk through what you need to do.

Q. You see a person who is unconscious and not breathing normally. Is this a cardiac arrest and should you call 999?
A) Yes
B) No

A. There are different reasons for this, one being where you live. People living in rural areas or areas with higher rates of poverty are less likely to survive. No matter where you live, getting your community CPR ready can make a big difference to survival.

Q. Not everyone in Scotland is equally likely to survive their cardiac arrest. Why do you think that is?
Discuss to continue play.

A. If A) continue play, B) deduct a life point.

Q. You and a friend go to the shops and they suddenly collapse, what do you do?
A) Check if they are responsive (call out/shake their shoulders) and call 999
B) Wait for another person to come by, it doesn't look urgent

CPR



CPR



CPR



CPR



CPR

Defibrillation



CPR

Defibrillation



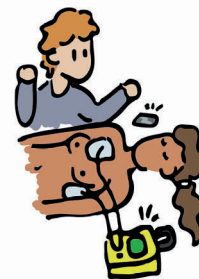
CPR

Defibrillation



CPR

Defibrillation



Defibrillation

Defibrillation

Defibrillation

Defibrillation

A. If A) continue play, B) deduct a life point. Sometimes women are perceived to be frail, and people feel uncomfortable about doing CPR on a woman. These issues can cause delays to receiving CPR which can hurt chances of survival.

No (B)

Yes (A)

Q. Do you think gender makes a difference to the likelihood of receiving CPR?

A. If A) continue play, B) deduct life point. PADs are often located in public areas such as gyms, shopping centres, and train stations. Early defibrillation increases the chances of survival. A PAD sends an electric shock through the heart to try to restart it.

No (B)

Yes (A)

Q. Do you know where the closest public access defibrillator (PAD) is? Do you live in an area where you have a public access defibrillator (PAD) to where you live?

A. If A) continue play, B) deduct a life point. CPR is a gender-neutral technique and the same steps apply regardless of gender.

No (B)

Yes (A)

Q. A woman collapses nearby, you've never seen CPR performed on a woman before, is it the same as on a man?

A. If A) continue play, B) deduct a life point. A PAD will not harm the person in cardiac arrest and will only deliver a shock if and when it is needed. Follow its instructions, and know that using it could save someone's life.

No (B)

Yes (A)

Q. Public access defibrillators (PAD) provide audio instructions and will only deliver a shock if and when it is required. True or False?

A. Some people fear they may do more harm than good. Time is critical and the 999 call handler will tell you exactly what to do.

No (B)

Yes (A)

Q. Many people do not feel confident to do CPR. Why do you think that is? How do you think we can change this? Discuss to continue play.

A. If B) continue play, A) deduct a life point. You should continue CPR and send someone else to go get the defibrillator. If you are alone at the scene continue CPR until the ambulance arrives.

Q. You're playing wheelchair tennis and your mate collapses. Others come to your aid. You call 999 and start CPR. The call handler instructs a defibrillator is nearby. Should you stop CPR to go get the defibrillator?

A. Research from other countries tells us that minority racial and ethnic groups receive CPR less often. The reasons for this are complicated but being aware of this trend can help us all save more lives after cardiac arrest.

A. If A) continue play, B) deduct a life point. Training is not required to use a PAD. The 999 call handler will provide support and the PAD will have audio prompts to tell you what you need to do.

Discuss to continue play.

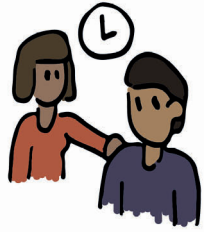
Q. Scotland is home to people from many different cultures, would you feel comfortable giving CPR to someone who looked or dressed differently to yourself? Why or why not?

No (B)

Yes (A)

Q. The 999 call handler has notified you where the nearest public access defibrillator (PAD) is. You go as fast as you can and bring it back to the person who is receiving CPR. You've never used a defibrillator before. Should you use it?

Life After Cardiac Arrest



Life After Cardiac Arrest

Life After Cardiac Arrest



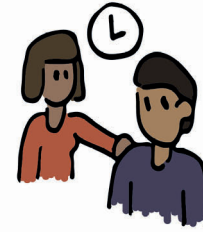
Life After Cardiac Arrest

Life After Cardiac Arrest



Life After Cardiac Arrest

Life After Cardiac Arrest



Life After Cardiac Arrest

Q. People can often deal with feelings of anxiety after stepping in and trying to save a life. How can we help to support bystanders after they have performed CPR?
Discuss to continue play.

A. *Some bystanders may find talking to others helpful. Refer to the information booklet to learn more about support options.*

Q. Does everyone get the same level of support after a cardiac arrest?
A) Yes B) No

A. *If B) continue play, A) deduct a life point. Support and information can vary across the country for individual survivors. Internationally, if you are a woman you are less likely to receive the recommended care for cardiac arrest once you get to the hospital. Why do you think this is?*

Q. A cardiac arrest is a life-changing event, and recovery takes some time. What kind of challenges is someone more likely to experience after a cardiac arrest?

- A) Physical health challenges
- B) Mental health challenges
- C) Both

A. *If C) continue play, A) or B) deduct a life point. It is really important to take a person centred approach to cardiac arrest recovery. Refer to the information booklet for support options.*

Q. Your friend recently had a cardiac arrest and, after a stay in hospital, is continuing their recovery at home. Is it true or false that only healthcare professionals can help them with their recovery?

- A) True
- B) False

A. *If B) continue play, if A) deduct a life point. Having a cardiac arrest can have a big impact on a person's mental health. Friends and family play an important role in helping someone recover after a cardiac arrest, and helping them feel like themselves again.*