



Below is your guide to joining us as part of Restart a Heart Live 2024

What is Restart Heart (RSAH)?

Restart a Heart (RSAH) is an annual initiative led by Resuscitation Council UK which aims to increase the number of people surviving out-of-hospital cardiac arrests by helping more people learn CPR. This skill can be learned in a few minutes and equips us all to be able to look out for each other in the event of a sudden cardiac arrest. See here for more details from RCUK

<https://www.resus.org.uk/get-involved/restart-heart-day>

What is RSAH-Live?

RSAH-Live 2024 is an initiative from the Scottish Ambulance Service, Save a Life for Scotland and Save a Life Cymru to teach as many people as possible to do CPR and use a defibrillator on October 10th 2024 as part of the international RSAH initiative.

How will RSAH-Live work?

RSAH-Live will stream on YouTube live content on the hour, each hour from 09:00-20:00 on 10th October. The stream will be available to rewatch after that. The Guinness World Record will be taken over 24 hours from 09:00 on 10th to 09:00 on 11th Oct.

Each hour, the live programme will include: CPR demonstrations and practice, education on how to use a defibrillator, what to expect when you dial 999 and live guests from around the UK.

The sessions will be led by Lee Myers, Scottish Ambulance Service, Paramedic Clinical Team Leader.

Setting a new World Record!

This year at RSAH-Live we need your help to set a new Guinness World Record for the 'Most views of a CPR lesson on YouTube in 24 hours'. In order to do that we need as many people as possible to join the livestream at some point between 09:00 (GMT+1) on October 10th and 09:00 October 11th.

What ages will the content be suitable for?

All of the sessions will be suitable for all ages, but the content at 10:00 and 11:00 are designed to be particularly accessible for primary school aged children.

How do I join in with RSAH-Live?

Go to www.savealife.scot, or the twin site www.restartaheart.live to find the YouTube livestream.

Do we need special equipment for CPR practice?

No manikins required! You can practice CPR chest compressions using something as simple as a rolled up coat - the Paramedic Team Leader Lee Myers and his Scottish Ambulance Service chums have made a demonstration video for you at www.savealife.scot. You can also use teddies, cushions, or jackets in a rucksack.

How could this work in schools?

Schools can join in with RSAH-Live at any time from 09:00 on October 10th.

Simply go to www.savealife.scot or www.restartaheart.live and follow the link to the YouTube Live stream. The programme starts on the hour, each hour and lasts for approximately 30 mins, followed by 30 mins of recorded material. After joining the event, viewers can download certificates and images to share on social media. Search for the hashtag #RSAHlive

You could join RSAH live as a class using individual devices (e.g. ipads) or a smart board. Alternatively you could get together in a larger space (e.g. assembly hall) and watch the Livestream all together. In any case please encourage the other people in your family to join us after you get home from school - help them learn CPR too. Is RSAH-Live only for school children?

Learning CPR is for everyone. Knowing how to call for help, start chest compressions or use a defibrillator is something we should all know about - like using a fire extinguisher or life preserver. Anyone can join the RSAH-Live YouTube Live event at any time, as many times as you like. The content is suitable for all ages - from grandmas to grandkids... The live sessions beginning at 10:00 and 11:00 will have content that is particularly aimed at primary school aged children.