• Restart A Heart Day is a global initiative to raise awareness and education of cardiopulmonary resuscitation (CPR) and Automated External Defibrillator (AED’s) in our community.

• 2016 – First campaign in Australia launched by Ambulance Victoria.

• 2017 - National campaign in Australia and New Zealand – by all CAA member services.

• 2018 – World Restart A Heart Day launched from Canberra by CAA member services and key stakeholders
Only 1 in 10 survive a cardiac arrest.

WE CAN BEAT THAT

1. CALL 000
   - Make sure it's safe to approach
   - Check for any response from the victim
   - If the head back, lift the chin and check breathing
   - If breathing is absent or not normal, CPR is needed
   - Call 000 and follow the instructions
   - If someone is able to help, ask them to call 000
   - For you, and teach an AED if possible.

2. PUSH
   - Place both hands in the centre of the chest
   - Compress the chest to the rhythm of “Shape Alike”
   - If you learned how to do it, provide 2 rescue breaths between every 30 compressions, otherwise push the chest continuously
   - Push fast. Don’t worry, you can’t do any harm.

3. SHOCK
   - If an AED arrives, switch it on immediately and follow the instructions.

restartaheart.net  #restartaheart
Global Resuscitation Alliance

2017

Community members trained in CPR and AED use:
Ten thousand

Social Media reach:
1.2 million
Restoring life.
One heart beat at a time.
A button will be added to the Restart a Heart Day homepage for members of the public to host a Restart a Heart Day.
On click, the user is taken to an instructional webpage on how to host their own Restart a Heart Day.

The user can refer to the webpage instructions and download their ‘Restart a Heart Day Kit’ assisting them with steps and helpful information for the session.

Instructions will be split for the user ‘Before the day’ and ‘On the day’, making it simple for the user to be prepared and host a successful day.
RESTART A HEART DAY
OCTOBER 16

FLYER

WE CAN BEAT THAT

1. CALL 911
2. PUSH
3. SHOCK

Global Resuscitation Alliance
Restoring life. One heart beat at a time.
A3 Poster.
Australia shown only.
2. Discuss it.

Answers are provided separately.

5. What difference can I make?

6. What is an AED and how does it help?

7. Do I need to do rescue breathing?

8. Can someone take legal action against me if something goes wrong?

SeCONDS AND MINUTES MATTER IF SOMEONE HAS HAD A SUDDEN CARDIAC ARREST.
THE CHANCES OF SURVIVAL DECREASE BY 10% WITH EVERY MINUTE THAT ELAPSES WITHOUT INTRODUCTION. IF EVERYONE KNEW THE THREE SIMPLE STEPS TO SAVING A LIFE, YORES MIGHT BE THE ONE THAT IS CURED.

1. Can a cardiac arrest happen to anyone?

2. What are the differences between a cardiac arrest and a heart attack?

3. What do I do if I don’t know CPR?

4. Will I hurt the person if I do CPR incorrectly?

RESTART A HEART DAY
OCTOBER 16

RESTART A HEART IN 3 SIMPLE STEPS
1. CALL 000
2. Push
3. Shock

RESTARTAHEART.NET
#RESTARTAHEART

Australia shown only.
3. Find it.

Australia shown only.

Where is your nearest AED?

Someone has suffered a cardiac arrest. Where is your nearest AED?

3.

Follow the steps at restartaheart.net and host your own day.

Be prepared: locate two AEDs closest to your home, workplace or in the community and write them on your map.

Keep the map in a visible place at all times.
4. Make a plan.

Follow the steps at restartheart.com and host your own day.

PLAN TO SAVE A LIFE

1. Is the person conscious and talking?
2. Is the person breathing normally?

If the answer to both questions is NO follow these simple steps:

RESTART A HEART IN 3 SIMPLE STEPS!

1. Call 000
2. Push
3. Shock

Call 000 and an operator will guide you through the steps as an ambulance is dispatched. Refer to your map for the location of the two nearest AEDs and send someone to get the AED. Perform CPR until the ambulance arrives. Any attempt is better than no attempt.

INSERT name and contact details of person with CPR knowledge:

Name: ____________________________
Phone Number: ____________________

RESTART A HEART DAY
OCTOBER 16
2018 Restart A Heart Day Plans

New Zealand and Australia
Global Resuscitation Alliance

2018 GOAL

Get more organisations involved to boost numbers

50,000 community members trained in CPR and AED use, as a result of RAHD activities.