

Restart a Heart Day – don't be afraid to use CPR skills **(<https://www.activelink.ie/node/111672>)**

The public has been urged not to be afraid of starting cardio pulmonary resuscitation (CPR) (<https://irishheart.ie/what-is-cpr/>) in cases of a cardiac arrest – after figures showed 240 people survived cardiac arrest because someone started CPR or used a defibrillator.

The Irish Heart Foundation has said almost 70% of cardiac arrests happen at home, making it more likely that CPR will have to be performed on a family member instead of a stranger.

It highlighted the importance of CPR training to coincide with World Restart a Heart Day today.

“By starting CPR and using an AED (defibrillator) (<https://irishheart.ie/what-is-cpr/cpr-courses/aedsdefibrillators-save-lives/>), you can double a person's chance of survival,” said Brigid Sinnott, the charity's Resuscitation Manager.

“For every minute without CPR or defibrillation, the chance of survival decreases by 10% per minute.

“Ireland has a high bystander CPR rate (where someone who witnesses cardiac arrest steps in to provide CPR) at 85% but it is important to remember that it is more likely to be a family member's life you could save.”

Bystander CPR in cases of out-of-hospital cardiac arrest in this country increased from 60% to 85% between 2012 and 2023, according to the Out of Hospital Cardiac Arrest Register report 2023 from the HSE National Ambulance Service, published last week.

The Irish Heart Foundation aims to create a nation of lifesavers through its CPR courses, provided to the public through Affiliated Training Sites all around the country, and its free CPR 4 Schools programme.

The programme for post-primary schools trains students to perform the skill, respond in a cardiac emergency and use an AED.

A person who learns CPR even once in their life is ten times more likely to respond in an emergency than someone who has not.

“The school programme means students will have learned CPR skills a number of times before they leave school, which will help to build a nation of lifesavers.

“Not everyone will survive a cardiac arrest but by performing CPR, you are giving people the best chance.

“I always equate it to riding a bike – you might be a bit rusty but with a small bit of practice, it's easy to get back into it.”

Post-primary school teachers interested in signing up for the CPR 4 Schools programme can register by emailing: schools@irishheart.ie (<mailto:schools@irishheart.ie>).

Region

Nationwide

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