

SAVING LONDONERS LIVES

Emergency Life Support Skills for Schools

Supported by:



MAYOR OF LONDON



Charity No. 225971

Charity No. 1077265/1



***YOUR school
can teach
simple skills
that SAVE
LIVES ...***

***... receive
FREE training,
equipment and
on-going support***



An information leaflet for teachers

What is Saving Londoners' Lives?

Saving Londoners' Lives (SLL) is a partnership project aiming to increase the number of people in the capital with emergency life support (ELS) skills. ELS is the set of actions needed to keep someone alive until professional help arrives. Whether someone has had a heart attack, is choking or bleeding, the prompt action of a bystander can make the difference between life and death.

It is never too early to start learning ELS and young people in primary and secondary schools are our key focus: pupils learn to be ready, willing and able to step in when the need arises. School is an ideal environment in which to learn ELS within the existing curriculum. The ELS programme can be carefully tailored to the individual requirements of each school, and enables schools to establish flexible delivery of ELS skills to their pupils.

Teachers and other school staff receive free instructor training in ELS from St John Ambulance equipping them to deliver the British Heart Foundation's (BHF) Heartstart UK programme to their pupils. They are supported by medical students from the 5 London medical schools who are specially trained by the London Ambulance Service NHS Trust.

School case study

"Our pupils have been a part of the Saving Londoners' Lives scheme for 4 years. They have greatly benefited from gaining vital skills in saving lives and have enjoyed working with medical students to achieve this. Our children now feel confident and equipped to use their emergency life support skills should the need arise."

**Sarah Botchway, Programme Co-ordinator,
Heartstart Reay Primary School, Brixton**

Excerpts of letters from year 6 pupils at Reay Primary school writing to the medical students who assisted their teacher with the delivery of the ELS programme:

"I've learned a lot from you and the DVD, one day I might save someone's life."

"Thank you so much for coming in at your free time ... now I feel much more comfortable if there was somebody who needed lifesaving"

"You have taught us things like: the recovery position, what to do when someone is having a heart attack and how to do CPR. Really how to save somebody's life!"

"If you hadn't given up your spare time I wouldn't know how to do CPR ... we wouldn't be able to help anyone. Imagine that!"

The statistics

- In the UK someone has a heart attack every 2 minutes.
- Every year 6000 Londoners die from a cardiac arrest before they reach hospital.
- Bystander cardio pulmonary resuscitation (CPR) can double the chance of survival.
- 70% of cardiac arrests happen in the community setting, including the home.
- Only 21% of Londoners have had any training in CPR in the past 5 years (BHF: CPR training research December 2006).
- The survival rate of those who suffer cardiac arrest outside of hospital in London is 16% – with Saving Londoners' Lives we aim to increase this year on year.

What schools receive free of charge

- Instructor training for staff in ELS from St John Ambulance
- Supply cover for up to 4 teachers for initial teacher instructor training days
- Medical student support for teachers
- Certificates for pupils
- ELS skills refresher courses for school staff
- Heartstart UK schools training pack (includes DVD, poster and other teaching materials)
- BHF grant for resuscitation equipment
- Public liability and personal accident insurance
- Affiliation to Heartstart UK and on-going support from community resuscitation experts

Heartstart UK is an initiative co-ordinated by the BHF to teach members of the public what to do in a life threatening emergency, and promotes ELS training throughout the UK.

To join the scheme or request more information please contact:

Mary Smith – SLL Schools Officer

T 020 7258 7075

E mary.smith@london.sja.org.uk

Saving Londoners' Lives

St John Ambulance

Edwina Mountbatten House

63 York Street

London

W1H 1PS

The Partners and their roles in SLL

British Heart Foundation (BHF)

The BHF offer schools the opportunity to affiliate to Heartstart UK and receive a number of benefits, including insurance cover and start-up grants for equipment. They provide long-term support and resources for Heartstart UK affiliated schools.

St John Ambulance London (Prince of Wales's) District (SJA)

SJA is the country's leading provider of First Aid Training, and they provide expert instructor training for teachers and school staff on the practical skills of ELS.

London Ambulance Service NHS Trust (LAS)

LAS NHS Trust is the largest ambulance service in the world and take the lead in medical student training for this project.

London Medical Schools

Medical students from the five London Medical Schools (Imperial, UCL, Barts and The London, St George's and Guy's, King's and St Thomas') are trained by the LAS to facilitate and support teachers and school staff when delivering the ELS programme to their pupils.

The NHS in London and Mayor's office both support this project, which helps prevent death and serious illness, so improving the health of Londoners.