



# RESTART A HEART DAY

16 October 2017

**How can you  
support our  
life-saving  
campaign?**



**#Restartaheart**

**[www.restartaheart.yas.nhs.uk](http://www.restartaheart.yas.nhs.uk)**

## Introduction

Over the last three years on Restart a Heart Day, we have provided free cardiopulmonary resuscitation (CPR) training to more than 51,000 secondary schoolchildren.

We are on target to provide the life-saving lesson to even more children during this year's event on Monday 16 October 2017 with a record 137 Yorkshire schools (more than 25,000 pupils) signing up to take part.

Over 30,000 people suffer cardiac arrests outside of hospital in the UK every year. If this happens in front of a bystander who starts CPR immediately before the arrival of the ambulance, the patient's chances of survival double.

We would love your support to help us raise awareness of the value of CPR, encourage members of the public to learn this vital skill and improve the UK's stubbornly low cardiac arrest survival rates.

## How can you help?

### Social media

Show your support for our Restart a Heart campaign on social media. Here are a few example posts to get you started. We also have some images on the right you can use.

### Twitter

- Proud to support @YorksAmbulance which will provide CPR training to 25,000 youngsters on #RestartaHeart Day
- Let's support @YorksAmbulance on #RestartaHeart Day and learn life-saving #CPR

### Facebook

- Doing CPR before an ambulance arrives can double a cardiac arrest patient's chance of survival. Why don't you learn this life-saving skill? @yorkshireambulance service #Restartaheart
- Proud to support @yorkshireambulance service which is providing life-saving CPR training to over 25,000 youngsters across Yorkshire on Restart a Heart Day – Monday 16 October 2017 #Restartaheart #CPRsaveslives

If you would like more information about the campaign, contact Louise Boyes at Yorkshire Ambulance Service on 07812 093292 or email [louise.boyes@yas.nhs.uk](mailto:louise.boyes@yas.nhs.uk)



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