

Dear Parents and Carers,

We are pleased to share that the Little LifeSavers charity will be visiting our school on Monday 22nd January 2024 to teach some simple bystander CPR skills to the children.

The face-to-face practical session, delivered by charity volunteers, will cover the following scenarios and *skills*:

- management of choking child - *back blows*
- collapsed child of their age - *child hands-only CPR* - no rescue breaths
- collapsed adult in a cafe - *adult hands-only CPR* - no rescue breaths
- responding to casualty - the *recovery position*



The skills are simple and set in straightforward scripted scenarios so that the important steps of staying safe whilst seeing if the casualty needs help, calling for help effectively and then taking the first action to help, can be remembered.

The session is designed to offer the basics of CPR knowledge and skill, aimed at equipping and empowering children to take positive and useful action if confronted by a choking or collapsed casualty at home or out and about - especially if they are on their own.

Receiving this session does not give any formal first aid or CPR certification or qualification and there's no expectation for them to respond to community emergencies.

The charity encourages the children to:

- show their parents or carers how to do CPR on a folded cushion or large soft toy at home,
- go out with you and find where the nearest public access automated external defibrillator (AED) is located in relation to their home.

This is because **80% of cardiac arrests that don't happen in hospitals happen at home and current survival rates are less than 10%**. Bystander CPR (even without rescue breaths) and defibrillation are the two actions shown to save lives.



Registered Charity No. 1169176

email:info@littlifesavers.org

The children will also receive a certificate with an aide memoire of the skill steps for you to see.

Finally, the charity is in great need of both volunteers and funds if it is to continue to provide these sessions free of charge-or indeed at all.

Their volunteers come from all backgrounds and are not necessarily CPR providers or healthcare professionals. Volunteering is flexible and takes 70 minutes of teaching time



Our session has been made free for our school by donations from members of the public. It costs Little LifeSavers £3.55 to train a child at present. That's about the price of a takeaway coffee.

Could you "buy them a coffee" so children can continue to learn how to save a life for free? www.buymeacoffee.com/LittleLifeSaver

You can find out more at www.littlifesavers.org

Yours Sincerely,

Mrs Wilson.