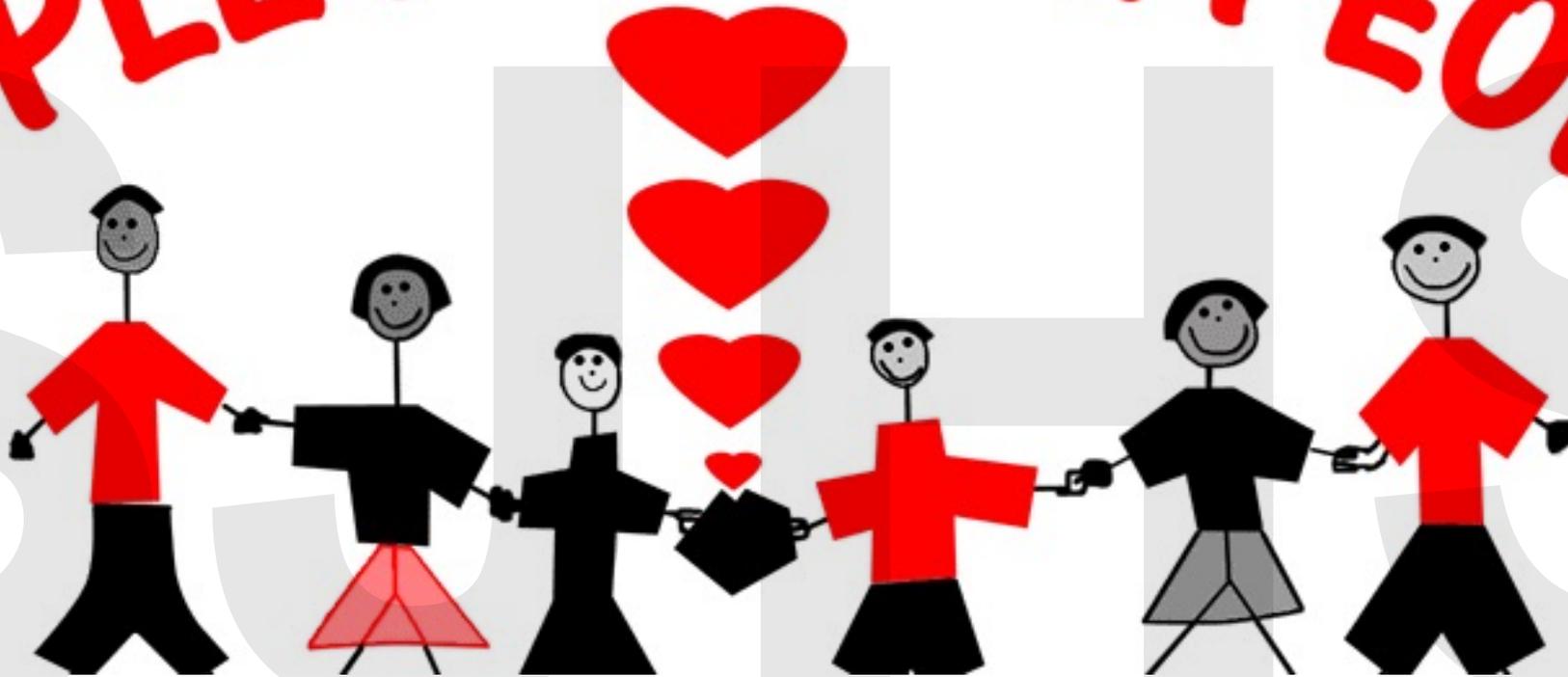


PEOPLE HELPING PEOPLE



Helping others

People helping people

Helping
others

My Summer Prayer

As I begin the summer months,
gracious and loving Jesus,
remind me of Your ever present
guidance and love.

Give me confidence in Your presence,
remembering all that I have been
taught this year and let me
live it in my summer experiences.

As I work, play and enjoy
my family and friends this summer,
may I feel Your love within me,
guiding me toward all
that is right and just.

Let me be grateful for the gift
of summer, Jesus. Allow me
to enjoy it safely and remind
me daily of Your love for me.
Amen.

Please gather today in
respect of others and our
need for quiet reflection,
pause and prayer.

Today we think of others
who need our kindness
and generosity.

Let us use this quiet time
to slow down and
recharge.

Helping others

Many of you will have heard of the terrible event that happened recently during a European Championship football match between Denmark and Finland.

Highly experienced Danish footballer Christian Ericson collapsed after suffering a sudden cardiac arrest on the pitch.





Helping others

Thankfully he is making a good recovery mainly due to the fantastic medical treatment he received on the pitch and in hospital, but also because of the quick thinking and actions of his loyal team mates.

Q- How many of you know what a sudden cardiac arrest is?

Helping others

There is a difference between a sudden cardiac arrest and a heart attack.

Study the details on the right.

<https://youtu.be/pioQSVEUpP0>

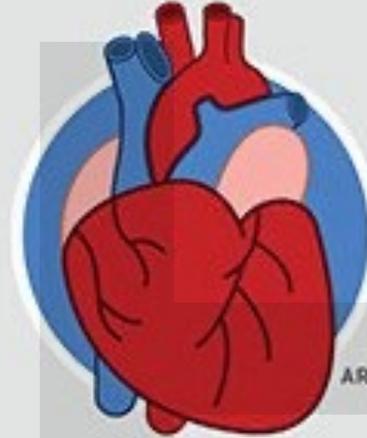
1.45 mins

<https://youtu.be/Q0rnYzx1yWY>

3.04 mins

CARDIAC ARREST VS HEART ATTACK

Both can kill. Both involve the heart. But they're not the same.



ARRHYTHMIA

WHAT IS CARDIAC ARREST?

CARDIAC ARREST OCCURS WHEN THE HEART MALFUNCTIONS AND STOPS BEATING UNEXPECTEDLY.

CARDIAC ARREST IS AN "ELECTRICAL" PROBLEM.



Cardiac arrest occurs when your heart's electrical signals go haywire – the heart stops beating and can't pump blood to the brain, lungs and other organs.



BLOCKAGE

WHAT IS A HEART ATTACK?

A HEART ATTACK OCCURS WHEN BLOOD FLOW TO THE HEART IS BLOCKED.

A HEART ATTACK IS A "CIRCULATION" PROBLEM.



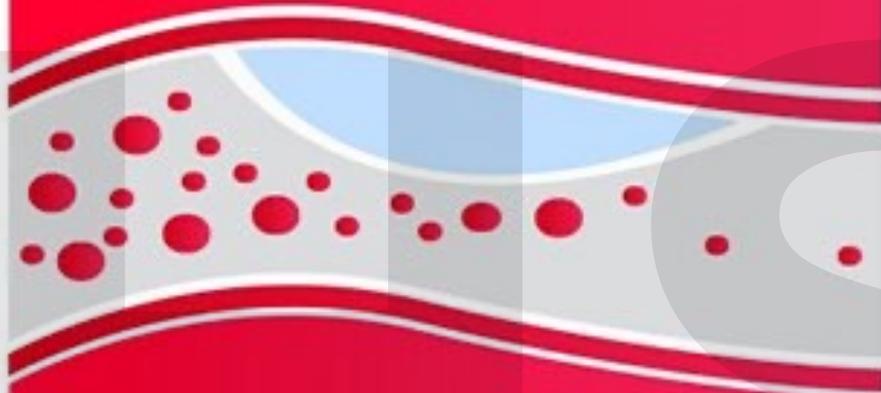
A blocked artery prevents oxygen-rich blood from reaching the heart. If the blockage isn't opened quickly, the blocked part of the heart begins to die.

CARDIAC ARREST is an
ELECTRICAL problem



The person will be
UNCONSCIOUS
Call 999 | Start CPR

A HEART ATTACK is a
CIRCULATION problem



The person will probably be
CONSCIOUS
Call 999 | Keep them calm

Helping others

Q- What can we do if we see someone suffering from either?

Q- What signs will we notice?

Helping others

Q- With your teacher discuss what you know about CPR

Q- What do the letters stand for?

Q- What are the actions we take?

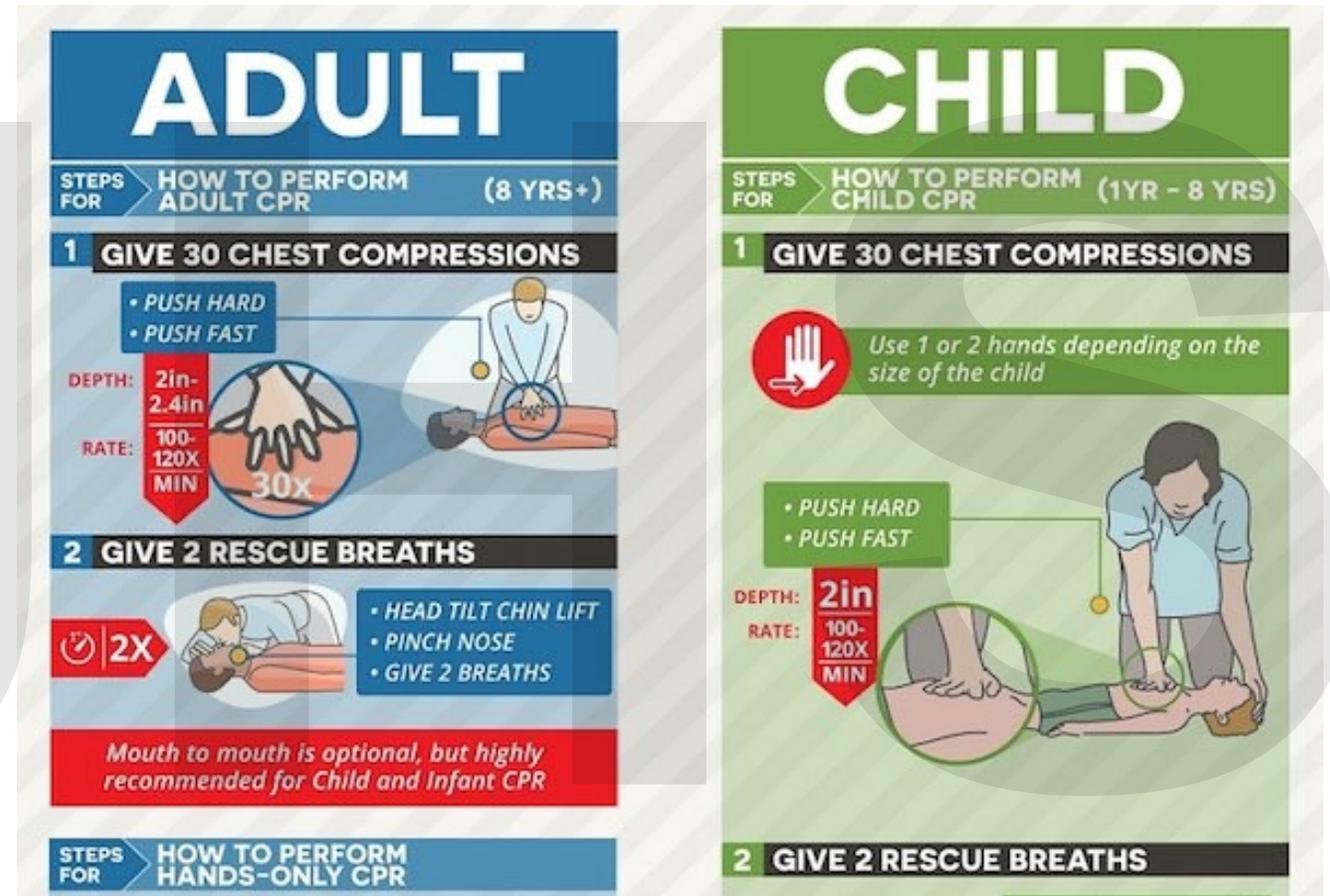
Q- Why do we do this?

- https://youtu.be/gly_2GaAZFc

2.20mins

<https://youtu.be/RATOawN8lW8>

1.20 mins



Helping others

Q- What is an AED or defibrillator?

Q- How does it help someone who has had a sudden cardiac arrest?

- <https://youtu.be/UFvL7wTFzI0>

4mins

Q- Once you have watched this short video tell the person closest to you what the 5 main points are when helping someone using a defibrillator.



Achub bywydau gyda CPR
Saving lives with CPR

www.awyrlas.org.uk/cadwchcuriadau
www.awyrlas.org.uk/keepthebeats

Cadwch Curiadau - Keep The Beats is part of Awyr Las: The North Wales NHS Charity. Registered charity number 1138976

Helping others

Do you want to learn more?

Your class or your family can access training or further advice by following the links below.

You might want to start raising money to buy a defibrillator for your local club.

- <https://www.redcross.org.uk/first-aid/book-a-first-aid-course>
- <https://www.bhf.org.uk/how-you-can-help/how-to-save-a-life/cpr-training-in-communities>



Helping people

- <https://www.firstaidforfree.com>
- <https://www.redcross.org.uk/get-involved/teaching-resources/first-aid-champions>
- <https://www.littlelifesavers.org/our-training/>
- <https://www.resus.org.uk/public-resource/cpr-schools>
- <https://training.stjohnwales.org.uk/schools-pupil-training/>
- <https://www.ukcoaching.org>

