

Dear Parents,

We are pleased to share that Little LifeSavers charity will be visiting our school soon, to teach some simple bystander CPR skills to the children.

The practical session 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 Casualty - *The Recovery Position*



The session is designed to:

- Offer bystander-CPR knowledge and skill (no rescue breaths)
- Emphasise safety and help children take positive and useful action if confronted by a choking or collapsed casualty at home - 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:

- Share the knowledge with you and show you 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.

Please help us be here next year to teach more children by

- [Volunteering](#). If just 3 parents volunteered with us from each school we'd reach over 3 million children with these skills.
- Buy us a coffee - *Our session has been made free for our school by donations from the public. Could you "[Buy us a Coffee](#)" so children can continue to learn how to save a life for free?*
- Become a business sponsor and support us with a donation or a corporate volunteer day

You can find out more at www.littlelifesavers.org

Thank You

Barbara

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Founder and Chairperson

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