



CPR 4 Schools



Venue: Co Donegal Education Centre

Date: Tuesday, 13th November

Time: 6-8pm

Minimum of two teachers per school

Irish Heart Foundation's CPR 4 Schools programme is an innovative programme designed for post-primary schools. It is a quick and easy programme that equips teachers with the skills to deliver the training to their students. Using a train the trainer model Irish Heart Foundation prepares teachers to teach their students.

Why do this in schools?

Schools are the ideal setting to reach all children and young people to reduce premature death and disability from heart disease and stroke which is Ireland's number one killer, accounting for 32% of all deaths. 5,000 people die in Ireland annually from sudden cardiac death and 70% of these cardiac arrests happen in the home. By starting CPR immediately, the victim's chances of survival can be doubled. Therefore the Irish Heart Foundation is initiating a CPR 4 Schools programme to train the next generation of lifesavers who will be able to respond in such emergencies.

How does it work?

After training teachers leave with unique login details to an online portal which delivers the programme into any classroom, in addition, ***Irish Heart Foundation provides schools with free kits worth €600 which consist of training manikins.***

CPR 4 Schools is linked to the curriculum making it easy for teachers to roll out in their schools during class time. Training videos stream through an online portal which has a wide range of resources and can be even run in a 40-minute class.

Our CPR 4 Schools programme consists of a combination of the following for participating schools:

- A 2-hour workshop
- Lesson plans to guide teachers in delivering the course to students.
- Lesson plan to train school staff.
- Equipment packs (including manikins) for schools to enable hands-on and interactive practice with students.
- Online access for registered schools to the lesson plans, 40-minute course video and other resources to help deliver the course.



Register online at: www.admin@donegaledcentre.ie

