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## Media Release

### Restart a heart lessons from the RUH

The Resuscitation Team from the Royal United Hospital, (RUH) Bath are going on the road this week to teach people of all ages about how to save a life by resuscitation.

They'll be running hands-on demonstrations for visitors and staff at the RUH, as well as going into schools to train young people in basic CPR.

It's all in support of the European Restart a Heart Day on Sunday 16 October, a national campaign aiming to educate everyone about this basic but vital first aid technique.

Sarah Hutchinson, Resuscitation and Clinical Skills Trainer at the RUH said:

"We want to reach as many people as possible to show them that, with some simple lessons, they can be a real lifesaver in the event of an emergency. Every second counts when someone has a cardiac arrest and if a bystander immediately performs CPR, this can double the patient's chances of survival."

The RUH is running a number of events around the campaign day. On Monday 17 October, members of our Resuscitation Team will be on hand by the Lansdown restaurant, demonstrating and offering life-saving advice as well as encouraging people passing by to have a go at hands-only life support on mannequins.

Sarah added:

"On Restart a Heart Day itself, the team will be taking 75 members of the Hospital Trust through basic life support techniques. On Monday and Wednesday they'll be showing pupils at Cadbury Heath primary school how they can take immediate action in a cardiac or choking event.

"We are really looking forward to getting out in the community to teach the life-saving skills so, if needed they can act to help save someone's life."

For more information about Restart a Heart Day, visit: [www.resus.org.uk](http://www.resus.org.uk) or follow #restartaheartday.

**Ends**

**Notes to editor:**

**CPR** stands for cardiopulmonary resuscitation. It is an emergency lifesaving procedure that is done when someone's breathing or heartbeat has stopped. This may happen after an electric shock, heart attack, or drowning. Rescue breathing provides oxygen to the person's lungs.