

2021

IFRC Global First Aid Reference Centre

« Your two hands can save lives »



With tips regarding COVID-19 pandemics

[WORLD RE-START A HEART DAY 2021]

Guidance note – event in collaboration with ILCOR and ERC

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Ecuadorian RC

Why a World Restart A Heart (WRAH) day?

“All citizens of the world can save a life”. With these words, the International Liaison Committee on Resuscitation (ILCOR) launched in 2018 the first global initiative on cardiac arrest. Every **16 October** is

now the annual WRAH day, to create awareness that everyone can learn CPR. Seven out of ten cardiac arrests happen in front of bystanders, however **less than 20% of lay bystanders end up providing first aid**¹. Furthermore, lay bystander resuscitation rates differ significantly across the world, ranging from 5% to 80%. If statistics could be increased for every country in the world, hundreds of thousands of lives could be saved each year following sudden out-of-hospital cardiac arrests².

The International Federation of Red Cross and Red Crescent Societies (IFRC) has been the world leading first aid trainer and provider for more than 150 years. Together, Red Cross and Red Crescent National Societies (RC RC NSs) train each year over 20 million people in first aid worldwide. CPR is taught by a huge majority of NSs. The IFRC, through the Global First Aid Reference Centre (GFARC), wishes to promote qualitative first aid education based on scientific evidence and practice. Hence this collaboration with ILCOR on such a large-scale event.

Building on the success of the **World First Aid Day (WFAD)** already held in many countries and thanks to an effective collaboration with ILCOR, GFARC supports WRAH day through a **tool pack** shared with RC RC NSs. Recommendation is also made to NSs to get in touch with their national or regional Resuscitation Councils or other active partners on this event.

This guidance note is aimed at presenting the event, the GFARC **tool pack** as well as at sharing some organisational tips for WRAH day based on the WFAD experience.

What are WRAH day goals and priorities?

Every minute that passes before the arrival of the emergency services means 10% lower chance of surviving, except if a bystander provides first aid. Through WRAH day, we wish to achieve the following objectives:

⇒ **Facilitating CPR learning for a large number of people:**

- Teach CPR, starting at very early age and continuing throughout the whole of life.
- Ensure lifelong learning by combining:
 - the practice of cardiac massage through face-to-face pedagogy using manikins and automated external defibrillators (AED), if available;
 - distance learning, through different formats (e.g. e-learning, videos).

Lifelong learning increases the self-confidence of learners, which allows them to act when necessary without being afraid of doing something wrong.

⇒ **Encouraging people to learn CPR and basic lifesaving skills:**

¹ French Society of Cardiology (Fédération Française de Cardiologie) : https://www.ameli.fr/sites/default/files/Documents/5157/document/arret-cardiaque-bons-gestes_ffc.pdf

² ILCOR : https://www.ilcor.org/data/policiesandprocedures/WRAH_RESUS_201805.pdf

- Short basic first aid trainings during WRAH day are aimed at motivating people to engage into a complete training proposed by the NS.

⇒ **Advocating:**

- To engage in lifelong CPR learning in their country, and more especially to promote it at school (please see the [Kids Save Lives initiative](#))³.
- **To raise awareness on cardiac arrest prevention among the general public**
 - The IFRC GFARC is a key partner to promote cardiac arrest prevention towards governments and bring messages around the world for people to be better informed on the matter and to act.

Teaching CPR during pandemic time, how to manage?

This 4th edition of WRAH day should obviously take into account the health crisis the world is facing due to COVID-19.

As regards teaching CPR, the GFARC advises:

If each participant and trainer are equipped with a clean and disinfected cardiopulmonary resuscitation training manikin, the learning is unchanged. The trainer will ensure that each learner uses the manikin assigned to them.

If a CPR training manikin is available for 2 or 3 learners, it's not possible to practice **artificial ventilation**. The trainer must explain the technique, use a visual aid (poster, slide or [video](#)) or possibly show it on their own manikin. Only chest compressions and defibrillation can be performed on the manikin. In all cases, the manikin will be cleaned between each learner's use.

Two procedures must be presented, the normal procedure for when there isn't an epidemic and with restrictions that relate to clearing the airways, checking the person is breathing and the absence of artificial ventilation during the epidemic period.

With respect to artificial ventilation, especially if it is not practiced, the trainer will remind students of its importance outside the situation of the Covid-19 and with children.

For full details read the guide on "[Resuming first aid training](#)" provided by the GFARC in 6 languages.

³ <https://www.erc.edu/projects/kids-save-lives>

Performing CPR during pandemic time, how to manage?

When a cardiac arrest occurs in infectious or epidemic context (Covid-19) protective measures must be taken for the first aider and changes must be made to the management of casualties.

This adaptation is linked to the undertaking of:

- acts of examination that require close proximity with the person's airway and expose the person to the risk of contamination;
- first aid resuscitation actions which cause an aerosolisation of the virus.

The aim of these changes is to reduce the risk of exposure to the virus. The changes are as follows:

Reinforce the principle: « **ALERT, CPR, DEFIBRILLATE** ».

When faced with a person who doesn't respond or react:

- if possible protect yourself with a mask ;
- after having laid the person on their back ; don't proceed to tilt back the person's head to open their airways. Don't attempt to open their mouth ;
- don't lean over the person's face ; don't put your ear or cheek to the mouth or nose of the person;
- verify the person's breathing by checking if their stomach and chest lift. A cardiac arrest can be recognised by the limited or absence of response, and of normal breathing, without approaching the mouth of the person ;
- in the absence of normal breathing, or if unsure, alert the emergency services and ask for an automatic external defibrillator (AED), if this is available in your region and if legislation allows it to be used by the general public;
- start chest compressions immediately ;
- if available, use an AED as soon as possible (stand at the person's feet when administering the shock) and follow the instructions given by the emergency services contacted ;
- if possible, place a tissue, a towel or a mask over the mouth and nose of the person before proceeding with chest compressions and defibrillation. This reduces the risk of the virus being spread in the air (aerosolisation) during the chest compressions ;
- don't practice mouth to mouth resuscitation. That being said, in two scenarios this is left to the judgement of the first aider :
 - the first aider lives in the same household as the person (already shares risk of contamination or risk is limited within the family);

- The person is a child or an infant (as cardiac arrests in children are generally due to respiratory problems, practicing artificial ventilation increases the chance of children surviving).
- continue the resuscitation undertaken until being relieved by the emergency services.

Which trainings or animations can be organised by NSs ?

- ⇒ **A specific GFARC tool pack for WRAH day is available online [here](#) in English.** The tool pack is focused on CPR and we tried to adapt it to the current situation. NSs can use it for their WRAH day public event or online campaign.
 - Guidance note on World Restart A Heart day 2021
 - Multilingual poster on CPR & Defibrillation during pandemic time
 - Education video on drowning & CPR
 - Comics on drowning & CPR
 - Worksheet : Making an alert
 - Survivor stories : call for testimonies poster
 - WRAH official poster
 - *Resuscitation Journal: World Restart a Heart 2020: How to keep a life-saving awareness campaign alive in a pandemic*

Slogan: "Your two hands can save lives!"

The ILCOR as well as national and regional Resuscitation Councils shared also some materials, available [here](#) in English and some other languages, organised by country.

⇒ **Short basic first aid trainings**

Short basic first aid trainings is a perfect flagship activity of WRAH day events. We encourage first aid trainers to train a maximum number of people on short training shifts, using various teaching methods (practice with manikins, simulation learning, case studies, role-plays). If relevant – depending on local laws and available materials – early defibrillation teaching can be included as well.

For more details, please refer to the IFRC GFARC [Guidelines](#).

The GFARC remains at your disposal should you need any additional advice or if you wish to share your own WRAH day tools. All comments, suggestions or feedbacks meant to improve practice are always much appreciated.

What are media guidelines?



In 2021, the spotlight is on survivors! Using the hashtag **#CPRSavedMyLife**, we are gathering stories of survivors who are still with us today thanks to bystander CPR and once more underline the vital importance of CPR in out-of-hospital settings. Learn more in our tool pack [here](#) and send us photos!

By starting CPR and using a defibrillator before emergency services arrive, we can save up to 200 000 more lives every year. Make sure you know what to do – learn CPR!

Global communication campaign is mainly managed by ILCOR and actively relayed in Europe by the European Resuscitation Council (ERC). IFRC and NSs are mentioned as partners of the event on the dedicated pages.

Regarding social networks, it is recommended to use the **#WRAH** (*World Re-Start a Heart Day*) as a reference. NSs are invited to contact national and local media (press, TV, web, radios) and to mention the collaboration between scientific research society (ILCOR) and the world largest humanitarian organization (IFRC, through GFARC).

Some web links to recap:

⇒ **ILCOR website and facebook:**

<https://www.ilcor.org/world-restart-a-heart-2019/>

<https://www.facebook.com/ILCOResus/>

⇒ **ERC web page with multilingual poster and facebook**

<https://www.erc.edu/about/restart>

<https://www.facebook.com/ERC.resus/>

<https://www.erc.edu/covid>

⇒ **KIDS SAVE LIVES initiative with the project and facebook page in many languages (with pedagogical videos)**

<https://www.erc.edu/projects/kids-save-lives>

<https://www.facebook.com/KIDSAVELIVES/>

Which links with Resuscitation Councils?

On the ILCOR [page](#), you can find a list of regional Resuscitation Councils (1 in each continent). NSs are invited to get in touch with these entities or their national Resuscitation Council to organize common activities and have a larger impact. Resuscitation Councils can connect as well with national or local RC/RC members in order to include them in their event.

If a country does not have a Resuscitation Council, the Red Cross or Red Crescent NS can still organize the event and promote the theme.

GFARC collects data on WRAH day through a questionnaire similar to the WFAD report sent to the NSs.

Safety is the most important: protect yourself, your staff and volunteers respecting measures related to COVID-19

Who can you contact for more information?

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