**We are looking for testimonials from cardiac arrest survivors**

**What is World Restart a Heart Day**

In 2018, the [International Liaison Committee on Resuscitation](https://www.ilcor.org/wrah)(ILCOR) launched the first global initiative on cardiac arrest with the slogan: “All citizens of the world can save a life”. Since then, each **16th of October** is now the annual World Restart A Heart day, a day to raise public awareness on cardiopulmonary resuscitation ([CPR](https://www.globalfirstaidcentre.org/glossary/cpr/)) practice.

**Highlighting the importance of Cardiopulmonary Resuscitation**

Cardiac arrest is when the heart stops beating. Out-of-hospital cardiac arrest is a major global public health issue, as it is the third leading cause of death worldwide. Cardiac arrest is lethal within minutes if left untreated and it is estimated that, on average, less than 10% of victims survive.

The only way of helping someone suffering from a cardiac arrest is to perform CPR. It can double or triple the chances of survival. This is why we believe that everyone should have the opportunity of learning how to perform CPR. Trained professionals are not the only one able to help in this type of situation!

**Help us spread the word**

To celebrate World Restart a Heart Day 2021, the Global First Aid Reference Centre would like to shed light on **the stories of cardiac arrest survivors, saved by CPR.**

**If you are the one who saved a life, or if you want to share the story of a loved one please contact us!**

**If you are a member of the Red Cross Red Crescent Movement, you can also share this message in your National Society to help us find more testimonials.**

The goal of this campaign is to share inspiring stories and spread the message **that everyone can save lives.**

Send us an email : first.aid@ifrc.org