

THE MOST IMPORTANT THING!

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IT TAKES SECONDS TO SAVE A LIFE -

Once the heart stops, death starts. The early intervention of effective CPR and shocking the heart with a defibrillator can save someone's life. Delivering an electric current to the heart, via a defibrillator, means that the heart can restart. CPR will not harm anyone who needs it and Public Access Defibrillators (PADs) do not deliver a shock if it is not required.

- There are literally thousands of lives that could be saved.
- Minutes are vital - the chance of survival decreases by 7-10% for every minute of delayed intervention but only 2-3% for every minute if CPR is instigated.
- CPR buys invaluable time.
- Effective CPR combined with early AED usage can double survival rates.

JOE'S MINI HEARTSTART FOR SPORTS LIFESAVING COURSE SYLLABUS

Joe's Mini Heart Start for Sports (JMHS4S) is a lifesaving course that is free to sports clubs, takes only two hours and provides practical, hands-on training.

Anyone at a sports club from the age of 13 can attend and learn the complete range of life-saving skills. The course is divided into two stages.

Course content

STAGE 1 INCLUDES:

Learning practical skills using a hands-on approach, such as the recovery position and performing CPR. Learning these skills gives trainees more confidence in an emergency.

The Chain of Survival – the priorities

- Checking for danger, patient response and making a 999/112 call
- Checking breathing / getting help.
- The conscious casualty
- Opening the airway / the recovery position
- The unconscious casualty
- Cardiac arrest: chest compressions and rescue breathing (CPR).

STAGE 2 INCLUDES:

Topics such as recognising and dealing with a heart attack and how to use a defibrillator.

- Suspected heart attack
- Signs and symptoms/ dealing with a suspected heart attack.
- Introduction to AEDs
- Choking recognition/back blows/abdominal thrusts.
- Summary of course / giving out certificates

WHAT IS AN AED?

An AED (Automated External Defibrillator) is a small, portable device that analyses the heart's rhythm and prompts the user to deliver a shock only if it is needed. Once activated, the AED guides the user through each step of the defibrillation process by providing voice and/or visual prompts. AEDs placed in more accessible places are often given the alternative name of Public Access Defibrillators (PADs).

WHO CAN USE AN AED?

Anyone. Putting accessible AEDs into the community can dramatically reduce the time from collapse to defibrillation. This has been shown to greatly improve survival chances. Placing them in places of high footfall, such as at sports facilities, shopping centres, public places and car parks is ideal and maximises their life-saving potential. It is highly recommended that people familiarise themselves with a defibrillator at the earliest opportunity so they are confident in using one at the scene of a cardiac arrest. This familiarisation awareness is included in the JMHS4S course content.



QUOTES AND ENDORSEMENTS

“ If everyone in the UK was trained to do CPR (chest compressions), we could increase the survival rate to that seen in Sweden and some parts of the USA. If more places in the UK had automatic defibrillator machines in public places, we could also increase survival rates – these machines can save lives, if used within eight minutes of the cardiac arrest. ”

DR DOUG SKEHAN
Heartsafe UK Project Director

“ Nothing is more important than players' safety, so we're delighted to have had this training, which will be of great benefit to everyone at the club. While we all hope we never have to use it, this training could one day mean the difference between life and death. I'd encourage anyone involved in a sports club locally to get in touch with the JHMT and arrange a session. ”

PAUL HUGHES
Vice chair of Loughborough Town Cricket Club

“ This is a chance for us all to learn a few simple skills that could make a huge difference between life and death. ”

DAVID MORLEY
Knighton Park Table Tennis Club

“ Every second counts when it comes to saving a life. I have first-hand experience of SADS. When my son was younger, he was part of Birmingham City's development squad. His coach was in his mid-20s and died on the pitch whilst

playing. It was put down to SADS. I hope none of the lads ever have to use the techniques they learnt on the course, but if they have to do it's great knowing they will be able to act whilst waiting for paramedics. ”

DARREN CREED
AFC Andrews under-15s coach

“ The focus is on teaching people simple skills that could mean the vital difference between life and death. ”

ALAN HARRISON WHITE
JHMT training instructor

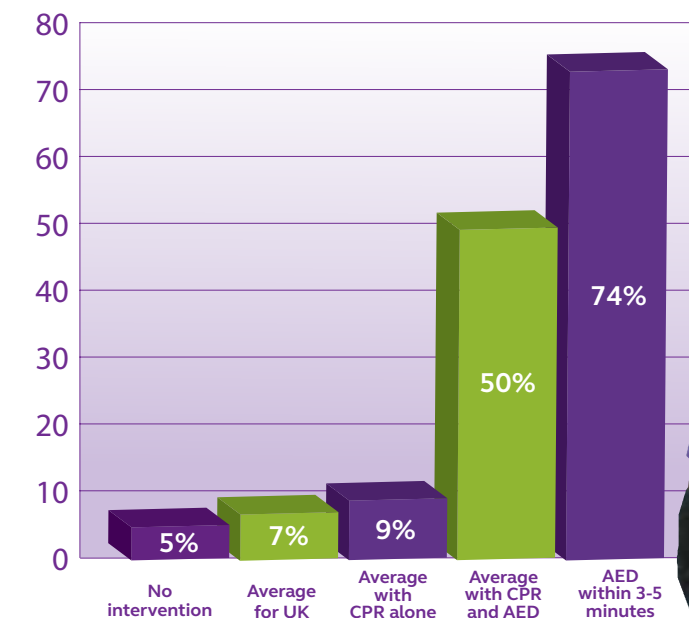
“ I'm proud to be patron of the Joe Humphries Memorial Trust and I give my full support to Joe's Mini Heartstart for Sports. Nothing is more important than

keeping young people safe and by ensuring that as many people as possible know how to react in an emergency situation, we are doing all we can to minimise risk to young lives. ”

MARTIN JOHNSON CBE
JHMT patron and former England, British & Irish Lions and Leicester Tigers rugby captain



The impact of public-access defibrillators on survival



THE MOST IMPORTANT THING YOUR SPORTS CLUB HAS TO DO THIS YEAR

THE MOST IMPORTANT THING!



THE MOST IMPORTANT THING!

...IS TO SIGN UP TO JOE'S MINI HEARTSTART FOR SPORTS



It takes seconds to save a life

WHY MINI HEARTSTART FOR SPORTS CLUBS?

Joe's Mini Heartstart for Sports is a pioneering scheme, aimed at offering sports club members including players, officials and supporters the chance to learn cardio-pulmonary resuscitation (CPR) and how to use a defibrillator.

The free two-hour emergency lifesaving course, endorsed and supported by Leicester City Council and Heartsafe UK, is one of the key priorities of the Joe Humphries Memorial Trust (JHMT).

JHMT is a local charity dedicated to raising awareness of subtle heart conditions such as Sudden Arrhythmic Death Syndrome (SADS). The charity works to ensure the local sporting community is ready and better equipped to deal with someone who suffers a cardiac arrest.

The Leicestershire charity was set up in memory of local teenager Joe Humphries, who collapsed and died whilst out jogging near his home in October 2012. Joe, who was only 14 years old, seemed fit and healthy but became a victim of SADS.

SADS is a group of lethal heart conditions that cause sudden cardiac death in young people. The physical exertion of sport can trigger SADS. This doesn't mean sport is bad for you – it just causes any underlying problem to show up. Many conditions can be treated and deaths can be prevented.

Recognising any warning signs and acting promptly can mean the difference between life and death.

For further information about SADS go to: www.jhmt.org.uk/sads



THE MOST IMPORTANT THING!

SUDDEN CARDIAC ARREST CAN STRIKE ANYONE, ANY TIME AND ANYWHERE

Many individuals who suffer a cardiac arrest will die unless resuscitated within minutes.

'IMMEDIATE ACTION BY PERFORMING CPR AND DEFIBRILLATION DOUBLES THE CHANCES OF SURVIVAL.'

The only way to save a person suffering a cardiac arrest is by early intervention of effective CPR and by shocking the heart with a defibrillator, delivering an electric current to the heart, momentarily stunning all movement and allowing the heart to reset itself.

Cardiac arrest – the facts;

- Sudden cardiac arrest occurs in seemingly fit people.
- In the UK, there are 60,000 cardiac arrests per year in the community. Half are witnessed, often by family and friends, and treatment by emergency medical services becomes possible. The survival rate in this group is only 10%. Starting CPR could help reduce 27,000 potentially survivable deaths.
- Sudden cardiac arrest does not discriminate between age or physical fitness levels, with high-performance athletes and fit and healthy young people (12 - 35 years old) losing their lives to sudden cardiac arrest.
- In the UK there are over 650 potentially avoidable deaths per year of young people (12 - 35 years old) with unrecognized heart conditions (SADS).
- Sudden cardiac arrest kills more people than lung cancer, breast cancer and AIDS combined.

'SUDDEN CARDIAC ARREST KILLS MORE PEOPLE THAN LUNG CANCER, BREAST CANCER AND AIDS COMBINED'



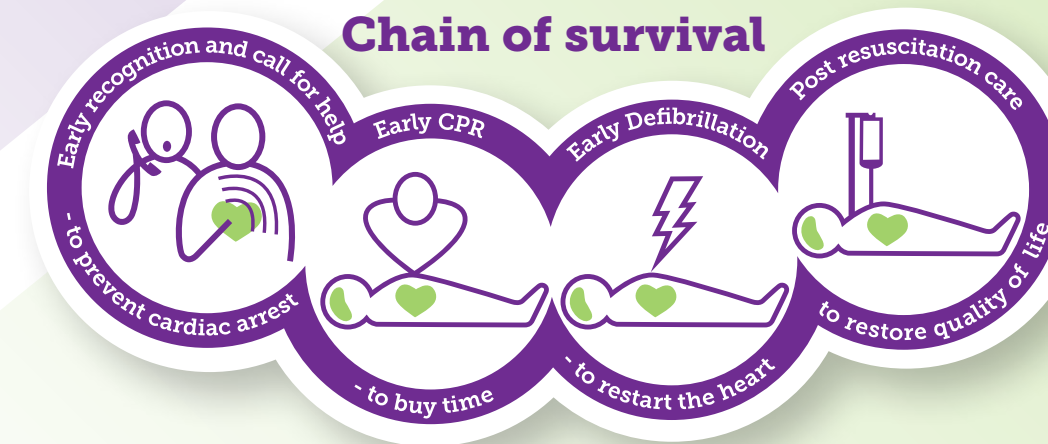
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SURVIVAL RATES DECREASE BY 7-10% FOR EVERY MINUTE OF DELAY BUT ONLY BY 2-3% FOR EVERY MINUTE IF CPR IS INSTIGATED!

The Chain of Survival represents the sequence of four events that must occur quickly to optimise a person's chance of surviving a cardiac arrest.

QUALITY OF SURVIVAL DEMANDS:

- 1 Early access to care
- 2 Early and effective CPR
- 3 Early defibrillation
- 4 Good post resuscitation care



THE PREVENTABLE LOSS OF SOMEONE, REGARDLESS OF AGE, CAN CAUSE UNTOLD, LIFE - LONG SUFFERING FOR THOSE LEFT BEHIND - EVERY SECOND COUNTS TO SAVE A LIFE.



FOR FURTHER INFORMATION

For any clubs wanting to register their interest in the Joe's Mini Heartstart for Sports training programme please contact: sports.services@leicester.gov.uk or charles.poole@ntlworld.com

www.jhmt.org.uk [@JHMTorguk](https://www.facebook.com/JHMTorguk) [@JHMTorguk](https://twitter.com/JHMTorguk)

