



A guide to Restart a Heart Day

Train students

Preparing students as lifesavers is the number one priority for Restart a Heart Day. Train your students using the CPR 4 Schools programme and help create the next generation of lifesavers. You can integrate training into classes, use the peer-to-peer model or hold a dedicated wellbeing day or week.



Other activities for October 16th



Community

Order a FREE CPR Awareness poster for your school by emailing schools@irishheart.ie.

Some schools mark the day by taking students on an AED walk around school or the community to identify the locations of available AEDs. You can also invite parents into the school to be trained by students.

CPR-a-thon

Why not challenge students to work together in a CPR-a-thon, where they'll use teamwork to maintain uninterrupted, continuous CPR on a manikin for as long possible. This engaging and lively approach provides an enjoyable way to practice their lifesaving skills and raise awareness of CPR in your school.



Make a Difference

Go the extra mile and raise funds for Restart a Heart Day. Add fundraising to a CPR Challenge or Wear Red to raise awareness and funds for heart health in Ireland. Contact hello@irishheart.ie for your free event pack (posters, balloons, and stickers).