

Our mission is simple...

Work together to build a generation of lifesavers



Heartwize Essex aims to teach all year ten school students in Essex essential resuscitation skills.

But, we need YOUR help

Could you spare a day to help build a generation of lifesavers in your local community?

Sign up online: [HERE](#)

Heartwize Essex—the facts:

What is Heartwize?

Heartwize is a short training programme teaching how to recognise cardiac arrest, call for appropriate help, initiate resuscitation including how to perform chest compressions and ventilations and using a defibrillator. We know if people have prior training in resuscitation they are more likely to step in during an emergency. The chance of survival is significantly higher if someone starts resuscitation and uses a defibrillator.

Where is Heartwize training delivered?

The training is delivered in schools, specifically aimed at year ten students.

When is the training delivered?

Schools have a lot to fit into their year, Heartwize needs to be flexible to the school's calendar so will often visit the school for dates specified by the school.

How does a Heartwize day work?

The school students will rotate to attend the Heartwize session throughout the day. Each session lasting 45-60 minutes with 4-5 rotations of student (approximately 6-7 hour day).

The Heartwize session is broken into four stages:

Stage 1 uses a video demonstrating a resuscitation in real time speed.

Stage 2 explains the various steps of the resuscitation skills the students will be practicing

Stage 3 the students break into small groups and talk their instructor through how to perform the resuscitation skills.

Stage 4 the student have a manikin each in order to practice the skills and use a training defibrillator.

What will a Heartwize volunteer need to do?

The sessions are led by a lead instructor and supported by a team of facilitators. Ideally there will be one facilitator to six students.

Each facilitator will take a group of students at stage 3 and guide them through the steps of resuscitation and how to perfect their skills.

Who can volunteer?

In short, anyone.

If you have never been trained in resuscitation, even more reason to, because we will show you, and the best way to learn something thoroughly is to teach it!

Want to know more?

Visit the website: www.heartwize.org.uk

Contact the office: Heartwize Essex (c/o SADS UK): 01277 811215 or email us [here](#).

Heartwize Essex has been made possible through the generosity and continued support of the charity SADS UK www.sadsuk.org.

