

YOUR HANDS COULD SAVE A LIFE!

The Irish Heart Foundation's free CPR community training programme – Hands for Life – has been launched by Aoife McGivney, a nurse who heroically intervened and saved the life of a bus driver who was suffering a cardiac emergency.

The Irish Heart Foundation's 'Hands for Life' programme will offer free one-hour CPR training to 100,000 people in local community centres, clubs and libraries throughout the country over the next two years. The training courses will show participants how to:

- Recognise a cardiac arrest;
- Perform compressions, including hands-on practice on a CPR training manikin;
- Use an AED (Automated External Defibrillator);
- Respond to a choking emergency;
- Recognise a stroke.

Recalling the time she saved the bus driver's life, Aoife McGivney said: "The day started out like any other for me, getting on the bus to work in the morning. But before long, I found myself on the footpath on O'Connell Street performing CPR on the bus driver.

"Thankfully, he survived and nobody was hurt. I was lucky enough to know what to do in the situation and my training kicked in instinctively. I know first-hand how important it is to know CPR and that it can be the difference between life and death.

"I hope that others will be inspired by my story to learn CPR through the Irish Heart Foundation's Hands for Life free community CPR training courses, supported by Abbott and ESB Networks," she added.



IMPROVING CHANCE OF SURVIVAL

Tim Collins, CEO of the Irish Heart Foundation, said "Every day in Ireland 13 people die from a cardiac arrest. Around 70% of these happen at home in front of a loved one. If there is someone nearby who knows CPR and can start performing compressions quickly, you can double or even triple a person's chances of survival.

THE FOUR STEPS FOR SURVIVAL

- **Step 1:** If you see a person suddenly collapse, check for a response. Call their name and shake them gently on the shoulder.
- **Step 2:** If there's no response dial 112 or 999 immediately for help.
- **Step 3:** If the person is still not responding nor breathing normally, ensure he/she is lying flat on their back on the ground. Kneel close beside them and place your two hands on the centre of their chest in line with their nipples, one on top of the other, and keep your arms straight.
- **Step 4:** Start compressions. Push down at least five centimetres or two inches and push at a rate of 100-120 beats per minute. The Bee Gees song 'Stayin' Alive' is the perfect CPR rhythm! Keep going until the emergency services arrive.

"We want to create a nation of lifesavers by training as many people as possible in CPR. That's why we've developed the 'Hands for Life' programme and now thanks to the support of Abbott and ESB Networks, we will train 100,000 people in the next two years which will in turn improve people's chances of surviving a cardiac arrest in Ireland."

Paul Hennessy, Abbot's Customer Experience Director, said "At Abbott, we work to keep hearts healthy with our life-changing technologies and by empowering communities to prevent non-communicable diseases, here in Ireland and around the world. "By providing CPR training to 100,000 people through 'Hands for Life', we can provide people across Ireland with the practical knowledge they need to step in and save a life in the most serious of situations."

Paul Mulvaney, Executive Director of Customer Delivery at ESB Networks, said "We have a strong connection with every community in Ireland and this programme allows us to strengthen this connection by engaging with these communities and empowering those within them to become part of a nation of lifesavers."

Communities, groups and clubs who have 30 or more people interested in free training courses can contact the IHF directly on 01-6685001, email handsforlife@irishheart.ie or visit www.HandsForLife.ie.