



## Public Resources



## World Restart a Heart

Every year on the 16th of October, World Restart a Heart Day, we promote the importance of bystander CPR in saving lives.

Approximately 5 people a day are treated for an out-of-hospital cardiac arrest in Aotearoa, which is about 2000 people annually. 31% are female and 68% are male.

Of the 2000 people responded to by ambulance, 25% have a pulse when they arrive at a hospital which drops to 13% survival rate in the 30 days following a cardiac arrest.

[Find out more](#)



## Kids Save Lives

The New Zealand Resuscitation Council believes that the best way to ensure that people are equipped with the knowledge and skills to respond and save lives in an emergency is through CPR training in schools.

The World Health Organisation endorsed this message known as the Kids Save Lives Statement, recommending two hours of CPR training annually from the age of 12 in all schools worldwide.

Schools in Sweden, France, Denmark, Norway and more recently the United Kingdom, China and Italy have compulsory CPR training.

[Find out more](#)



# GoodSAM

## Become a Good SAM

Promoting a community of lifesavers.

Outcomes from cardiac arrest are best when the patient receives immediate CPR and defibrillation within the first five minutes. Emergency services can't always arrive within five minutes, but it is likely that someone who knows how to perform CPR and use an AED is nearby and just unaware that they are close to a patient in cardiac arrest.

[Find out more](#)