

CPR friendly Event Resources Kit



**Get
CPR friendly
in minutes**



Event Resources Kit

1. CPR friendly introduction
2. Logistics checklist
3. Event agenda / run sheet example
4. Invite/promo template example
5. DRSABCD resuscitation chart
6. RSVP sheet
7. Post event resources email template
8. Blank templates



Learn. Live. Love.

No time to get CPR certified?

At least get CPR friendly, in minutes.

Life depends on it!



Our mission:

‘Saving lives by helping anyone get ‘CPR friendly’ in minutes, and inspiring people to create heart smart communities, starting in their own backyard.’

- Want to create a CPR friendly heart smart community within your club or local area?
- Why not host your very own CPR friendly session or event?
- So whether you are a street, local club, association, school/uni, workplace or conference event organiser we can help anyone get more defibrillator and CPR friendly.

Event hosting resource kit

The CPR friendly resource kit provides you with quick and easy checklists, templates and resources to help you on your way to hosting your very own community, club or corporate event. We also have great ideas and opportunities on how to raise funds for getting your own defibrillator, at the best prices in the country.

Get in touch, as we are here to help and together let's save more lives - info@CPRfriendly.org





How CPR Friendly came to life

Our story

Ian Hutchinson ('Hutch') regarded himself as fit and healthy, and had no heart risk factors. He walked his dog each morning and went on bike rides or to the gym most days. He'd never smoked and rarely drank alcohol.

In September 2018, while on his regular weekly bike ride with his mate Don MacKee, Hutch had a sudden cardiac arrest and was clinically dead for 19 long minutes. Thanks to some quick thinking by Don and some good samaritan CPR bystanders, 000 was called, CPR commenced and Hutch became one of the lucky only 9% to survive an out-of-hospital sudden cardiac arrest.

As a result, Hutch & Don founded CPRfriendly.org in memory of, and on behalf of, the 91% less fortunate that don't survive. To help turn the statistics around, CPRfriendly.org, is on a quest to raise awareness of CPR and public access defibrillators with the mission of helping save more lives – starting in your own backyard. In September 2019, Hutch received, on behalf of CPRfriendly.org's work to date, the [NSW Premiers Community Service Award](#).

How CPR friendly came to life

Having a near death experience was a real wake up call for Don & Hutch who quickly realised how vital up-to-date CPR training is in saving lives. They got together to host their first CPR Friendly BBQ providing training for 30+ family and friends. Not long after, Hutch organised a similar CPR Friendly Street Party giving his local community the opportunity to enhance their CPR skills in a fun environment while raising funds for an Automated External Defibrillator (AED) for their street. These first few community events have created a domino effect and many more street, club and workplace events continue to multiply off the back of these first few.

CPR friendly philosophy

18 million Australians don't know how to confidently do CPR and this statistic is costing us the valuable lives of our loved ones. Not everyone has time to get CPR certified, so at least get CPR friendly – life depends on it!

CPR friendly events

CPRfriendly.org helps co-ordinate quick, easy and fun 60 minute CPR & defibrillator skills session. We provide the training and resources to help you host and run your own event. You provide the people and CPR friendly helps provide the rest. So get in touch CPRfriendly.org & info@CPRfriendly.org

CPR friendly events made simple!



1. Register event

Contact CPR friendly to discuss your event goals, get guidance, tips, templates and further resources.

2. Training

Decide on training options. Examples: surf life saving trainers, our trainers & manikins, online learning etc.

3. Venue

Confirm the best type of venue option. Examples: house, local hall, club, surf club or workplace.

4. Set date

Determine date and timing based on the type of event you want, with venue and trainer availability.

5. Promotion

Get invite templates from us and consider email, letterbox drops, social media, posters & local media.

6. Logistics

Decide on your event capacity, RSVP process, AED, catering, handouts, PPT, audio visuals, name tags.

7. Post event

Post event follow up email of extra resources, links and/or defibrillator fundraising information.



CPR friendly event agenda example (60 mins)

- 00:00 Welcome & introductions by host
Real life local context story e.g [Ch 7 Sunrise video](#)
Don & Hutch tell their survival story, life-saving insights & why CPRfriendly.org was created (10-15 mins)
- 00:15 Training runs through DRSABCD resuscitation chart & defibrillators use.
See attached A4 chart (25 mins)
- 00:40 Discuss CPRfriendly.org resources, mission & defibrillator/AED fundraising if required. (5 mins)
- 00:45 Participants have a hands-on go on CPR manikins and training defibrillator (15 mins+)
- 00:60 Close (but participants can stay to have more of a hands-on manikin practise, ask questions and chat)
- 00:75 Optional - Eat, drink & be merry! (TBC)

Get CPR friendly in minutes



Our Simple 'CPR Friendly' Get Together Could Save Lives

Would You Confidently Know What To Do?

Not long ago Northern Beaches local, Ian Hutchinson (Hutch), had a sudden cardiac arrest while out cycling around Narrabeen Lagoon. Hutch was dead for 19 long minutes. He is only fortunate enough to still be alive because of his quick thinking cycling mate, Don MacKee, who immediately rang 000 and started CPR. You may have seen their [story on Ch 7 Sunrise](#).

We could all benefit by being a little more CPR friendly and defibrillator aware, as the life you save may be that of your loved family member, neighbour, friend, customer or work colleague!

So to help save more lives and give others a second chance at life, mates for close to 20 years Don & Hutch will join us on **[DATE]** and share their unlikely experience between them of being a sudden cardiac arrest survivor and a CPR rescuer and give us:

- Practical, **quick & easy CPR skills** that everyone can do (with a fun twist)
- A simple run through of **how to use our defibrillator**

The Heart Stopping Facts

- 25,000 sudden cardiac arrest deaths each year in Australia, that's one every 20 minutes
- 9% of people survive a sudden cardiac arrest, 91% die.
- 70% of bystanders feel helpless and don't know how to effectively do CPR.
- Every 60 seconds that CPR is not administered reduces the chances of survival by 10%.

Safe & Secure 24/7

To help give back, Don & Hutch started www.CPRfriendly.org to save more lives by helping anyone get 'CPR friendly' in minutes, and inspiring people to create heart smart and defibrillator aware communities, starting in our own backyard.

CPR & Defibrillator Session Details

- Dates:** **[Day, Date & Time]**
Venue: **[Location, Address, Suburb]**
Duration: 60 min session
Who: All members, family and friends welcome (limited numbers so please RSVP now)
Info: **[Contact, Mobile & Email]**

Hope to see you there!

Get CPR friendly in Seconds



D Danger

Check for **danger** to yourself or others.

R Response

Check for **response** using talk and touch (5-10 seconds).

S Send

Quickly **send** for help. Ring 000 on speaker phone. Ask for ambulance. They will tell you what to do.

A Airway

Open **airway** and make sure it is clear. If required turn patient on their side to clear.

B Breathing

If not **breathing** normally, start CPR. If breathing normally, roll on their side and monitor.

C CPR

30 chest compressions (120 bpm – 1/3 depth of chest). Followed by **2 breaths** (tilt head back for adults).

D Defibrillator

Get a **defibrillator** (AED) within 1-3 minutes. Turn it on and follow all the voice prompts.

"Any attempt at resuscitation is better than no attempt"

CPRfriendly.org for free training, events, resources & AED info or info@CPRfriendly.org



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Post event resources email template

Hi CPR friendly friends!

Thanks making the time and coming to our recent CPR friendly event. It was wonderful to see so many people interested in learning.

Hopefully, like us, you now feel a little bit more confident and 'CPR friendly' knowing the basic essential steps needed to help save a loved one's life.

I'm sure most of us thought that a life threatening emergency will never happen to us, our family or friends. It's amazing how common sudden cardiac arrest is, 25,000 annually – one every 20 minutes.

We have heaps more free resources, links to apps, FAQ and refresher learning videos online. And if you want to run your own event like the one you have just attended for your club, association, workplace or even street make sure you go to www.CPRfriendly.org and get in touch with us – as they we happy to help.

Further resources & links

Refresher [CPR friendly learning videos](#)

Useful resources mentioned including [Emergency+ and AED PulsePoint apps](#)

Attached is copy of the DRSABCD resuscitation chart from the CPR friendly event

CPR friendly events

If you would like to host your own CPR friendly event then please [click here](#) and get in touch and also ask about our 'CPR friendly Event Resources Kit'.

Get your own defibrillator

Having up-to-date CPR skills and access to an automatic external defibrillator (AED) in your club, community, street or workplace could be the difference between life and death. CPRfriendly.org can get you the best prices in the country on defibs (as we don't need to make a profit). So if you want to buy one [get in touch](#).

Helping save lives

Together, we can all get involved in the mission, and save more Australian lives by helping anyone, anywhere get 'CPR friendly' and create heart smart communities, starting in our own backyard.

Please feel free to get in touch for more information, or your thoughts and hopefully together we can save more lives.

Cheers & thanks

Ian Hutchinson (Hutch)
CPRfriendly.org



Sample Blank Templates

- Option A (attached)
- Option B (attached)
- Option C (attached)







CPRfriendly.org

Our CPR Friendly Street Party Could Save Our Families Lives





Get CPR friendly in 60 minutes – Life depends on it!

