

Cllr Douglas Lumsden
Leader of Aberdeen City Council

12 June 2018

By email

Dear Cllr Lumsden,

I am writing following the decision taken by Glasgow City Council to introduce cardiopulmonary resuscitation (CPR) training for all secondary pupils, as referenced in Monday 11 June 2018's edition of The Evening Times.

We at the British Heart Foundation want every Local Authority across Scotland to benefit from the chance to have the same opportunity to improve its cardiac arrest survival rates in the same way as Glasgow, and providing CPR training to all secondary school pupils would be the way to do this. In that regard, I invite Aberdeen City Council to follow Glasgow's lead in implementing compulsory CPR training for all school pupils, and I would like to offer the British Heart Foundation's support in helping you to achieve this.

We know there are great benefits to be yielded in every secondary pupil being trained in CPR and having the right skills to step in when a cardiac arrest occurs. At the moment in Scotland, only 1 in 20 people will survive an Out of Hospital Cardiac Arrest. After making it compulsory for all schools to teach their pupils CPR, cardiac arrest survival rates in Denmark increased to 1 in 4. Following the introduction of the same policy in Norway, survival rates there increased to 1 in 4. And survival rates from Out of Hospital Cardiac Arrests in Seattle increased to 1 in 5 after it made it mandatory for all of its pupils to learn CPR.

We also know that cardiac arrests are a social justice issue. You are twice as likely to have a cardiac arrest in an area of high deprivation. On average, cardiac arrests are experienced seven years earlier in areas of high deprivation than in low deprivation. And you are 43% less likely to survive to leave hospital if you live in an area of high deprivation. Ensuring that every school pupil has the right skills to step in and perform CPR in the event of a cardiac arrest therefore presents a great opportunity to save more lives across Aberdeen City Council.

The British Heart Foundation Scotland would like to offer its support to Aberdeen City Council to help ensure that all secondary school pupils can be trained in CPR. With two schools across the council area being signed up to our Heartstart training programme, and three schools being part of our Call, Push, Rescue programme, Aberdeen City Council is already well on its way to helping us create a nation of lifesavers. But ensuring that

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BHF Scotland
The Cube
43a Leith Street
Edinburgh
EH1 3AT

T 0131 555 5891



every secondary school pupil receives CPR training as a matter of course in their curriculum gives us an opportunity to ensure that, when a cardiac arrest occurs, there is a better chance of someone nearby having the right skills to step in and save that person's life.

BHF Scotland offers a free Call, Push, Rescue training kit (worth £1300) to all schools which are eligible to receive one. For all schools in Aberdeen City Council which are not part of our Heartstart training programme or who do not yet have our Call, Push, Rescue kit, this allows pupils to be trained in CPR in as little as 30 minutes through DVD-led instructions using the CPR manikins which are included with the kit. I have enclosed below for your reference a list of schools already receiving Heartstart training or which have Call, Push, Rescue kits, as well as a list of the schools which do not yet have a Call, Push, Rescue kit, but are eligible to receive one.

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The Cube
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I hope that you will feel encouraged to follow Glasgow City Council's lead in providing CPR training to all secondary pupils in schools across Aberdeen City Council. I would welcome the opportunity to meet with you to discuss how we could support you and your schools in delivering this training to your pupils. Please contact me through the details below to arrange if this is something which you would find helpful.

Yours sincerely,

Daniel Jones
Policy and Public Affairs Officer
British Heart Foundation

Telephone: 0131 561 3358
Email: jonesda@bhf.org.uk

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ANNEX A

Schools in Aberdeen City Council with Heartstart training:

School name
Harlaw Academy
Bucksburn Academy

Schools in Aberdeen City Council with Call, Push, Rescue training kits:

School name
Kincorth Academy
Cults Academy
Woodlands School

Schools in Aberdeen City Council without Call, Push, Rescue kits but eligible to receive one:

School name
Hazlewood School

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