



HEART STOPPING MOMENTS DIAGNOSED AT SAINT AMBROSE RESTART A HEART DAY

St. Ambrose College students were told exactly what to do when faced with some genuinely heart stopping moments on National Restart a Heart day.



Shane McKee and pupil Lorcan Cronin left are pictured with father and son paramedic team.

Parent and First Responder with Greater Manchester Ambulance Service, Chris Steadman-Byrne, recruited his son Adam to give a demonstration in cardio pulmonary resuscitation (CPR) techniques which could save a life if you are first on the spot.

Chris said: "Some 60,000 people have a cardiac arrest every year but only 10% survive. If everyone knew how to perform CPR, the simple task of repeatedly compressing the chest by 5 or 6 cms, that figure would be much higher."

"Ideally CPR should be on the national curriculum as it is in Scandinavia and America where survival rates are 25% but as that hasn't happened yet, the Ambulance Service and British Heart Foundation, have got together and last year on National Restart a Heart day we taught 70,000 children in primary and secondary schools how to give CPR."

Currently the Greater Manchester Ambulance works with some 51 schools across the city to teach CPR techniques and is looking for more partnerships.

Son and St. Ambrose pupil Adam, 14, said: "Dad has been drilling this and other life saving techniques into me since I was a young boy and I'm pleased that so many of my friends have now been shown exactly what to do and when to do it, if they are the first responder."

Yorkshire Ambulance Service student paramedic Shane McKee reiterated the age old advice: "What ever you do, call 999 immediately because even if you don't know how to do CPR, the team can take you through the procedure over the phone."