

TARGET AGE RANGE



Primary Focus: 4-9yrs



Stretch Version 10-11 yrs
(Notes Included)



Total Delivery Time
30-45 minutes (flexible)



Introducing TEDDY BEAR CPR

SAVE YOUR TEDDY



TEDDY BEAR CPR



BEING A LIFE SAVER

Today you will learn how to help someone who has a heart emergency has fallen to the ground and is not awake.



They can get sick very quickly which can be very scary but today you are going to learn how you can help.



GROUND RULES



Stay safe



Get an adult



Today is
practise only

Examples

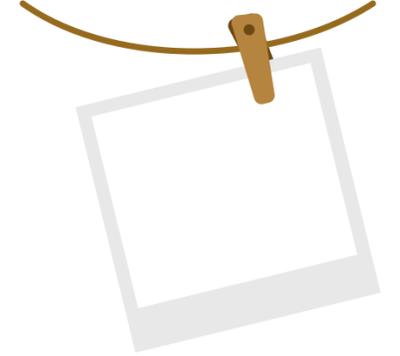
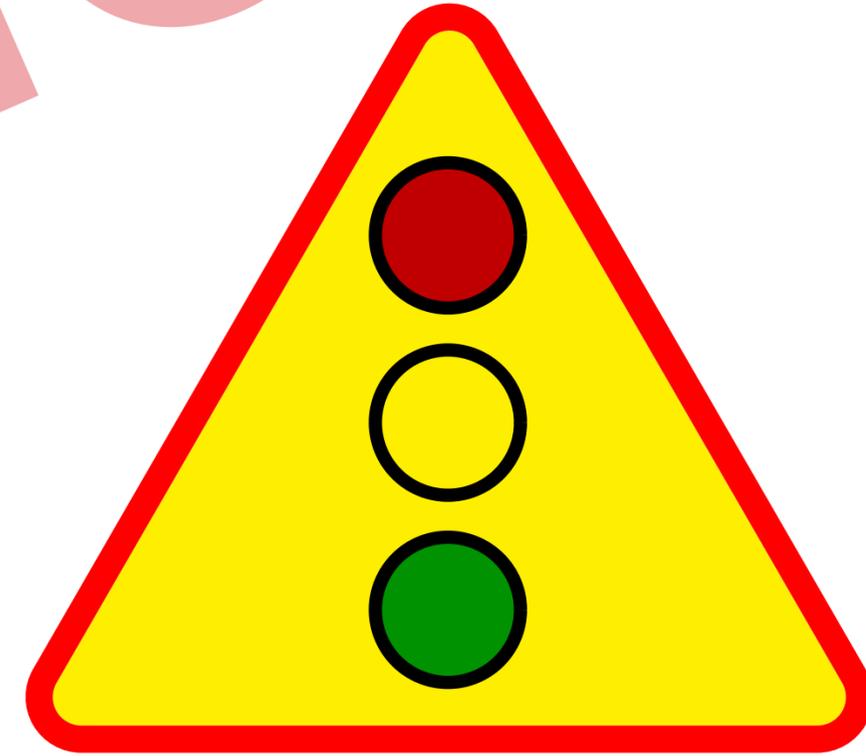
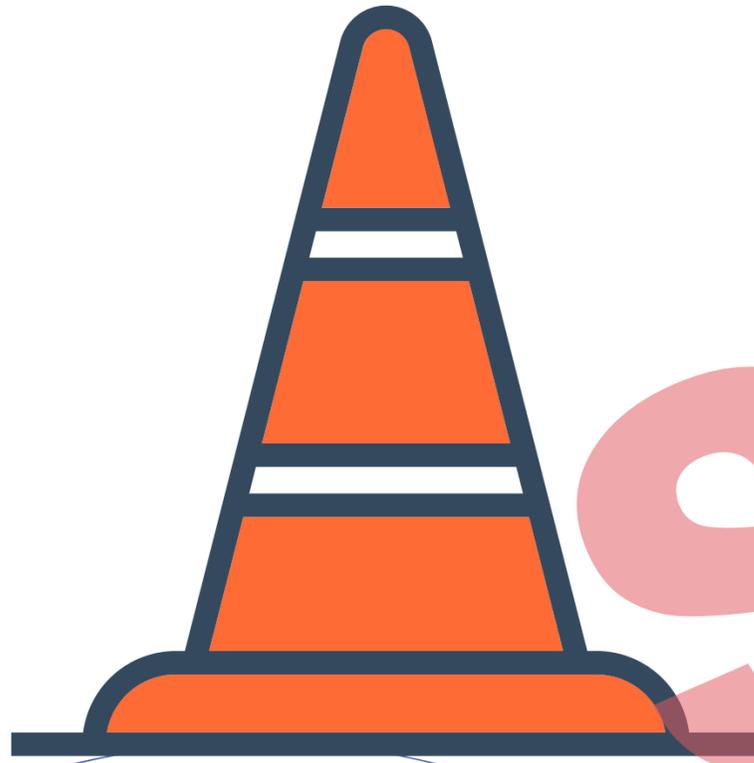
WHAT ARE WE LEARNING ?

- ▶ Check
- ▶ Call
- ▶ Push
- ▶ AED



CHECK – IS IT SAFE?

If it is not safe... get an adult.

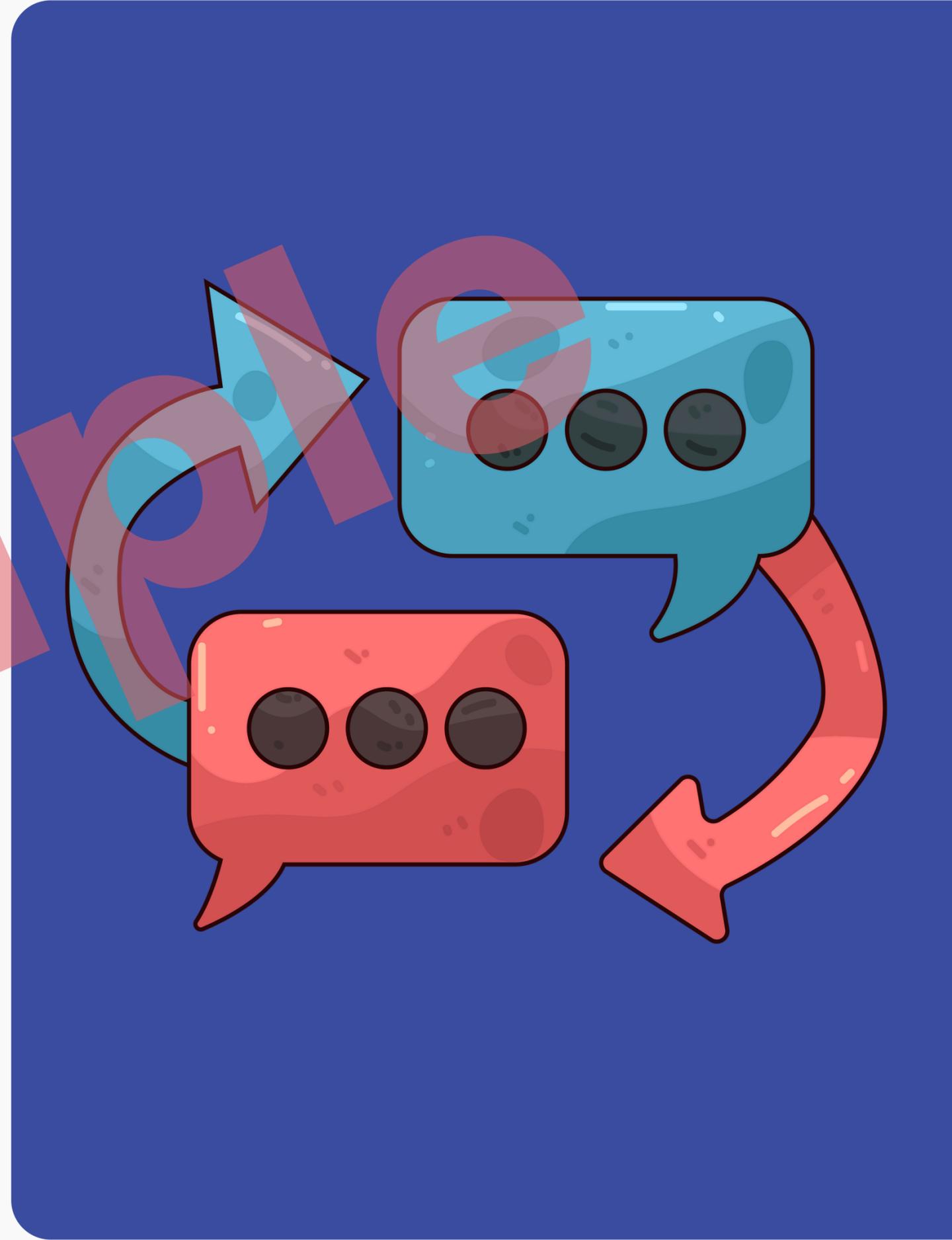


Sammy

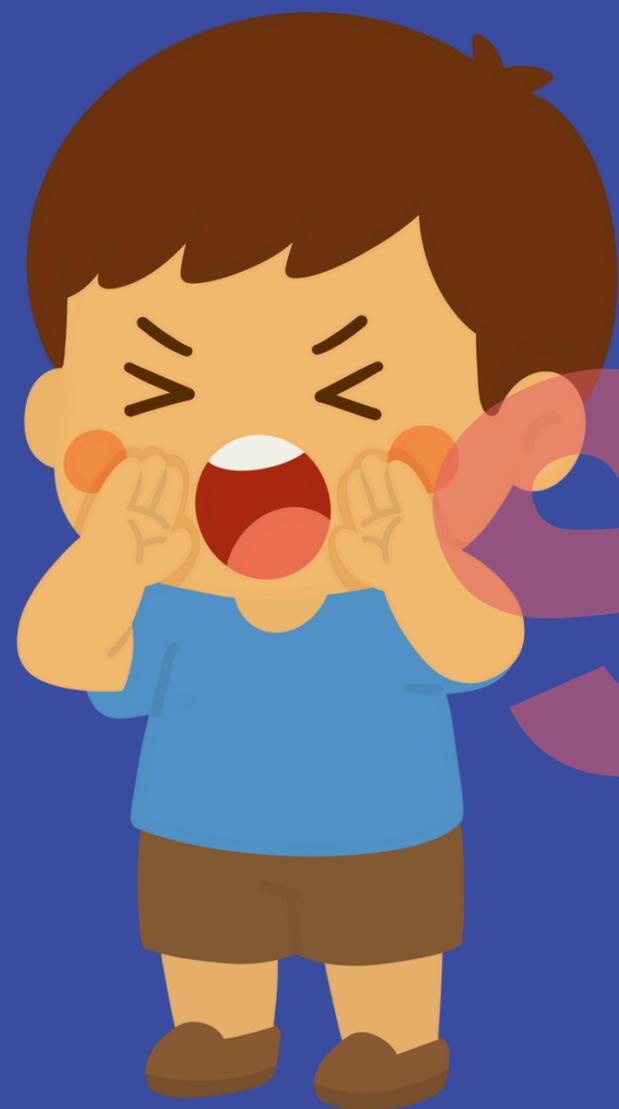


CHECK FOR RESPONSE

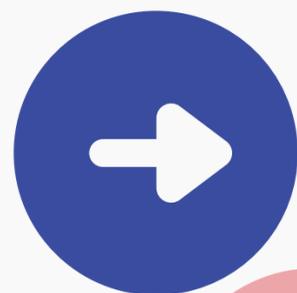
- ➔ Shout teddy's name
- ➔ Gently tap teddy's shoulder



HELP!



CALL FOR HELP



Shout for an adult

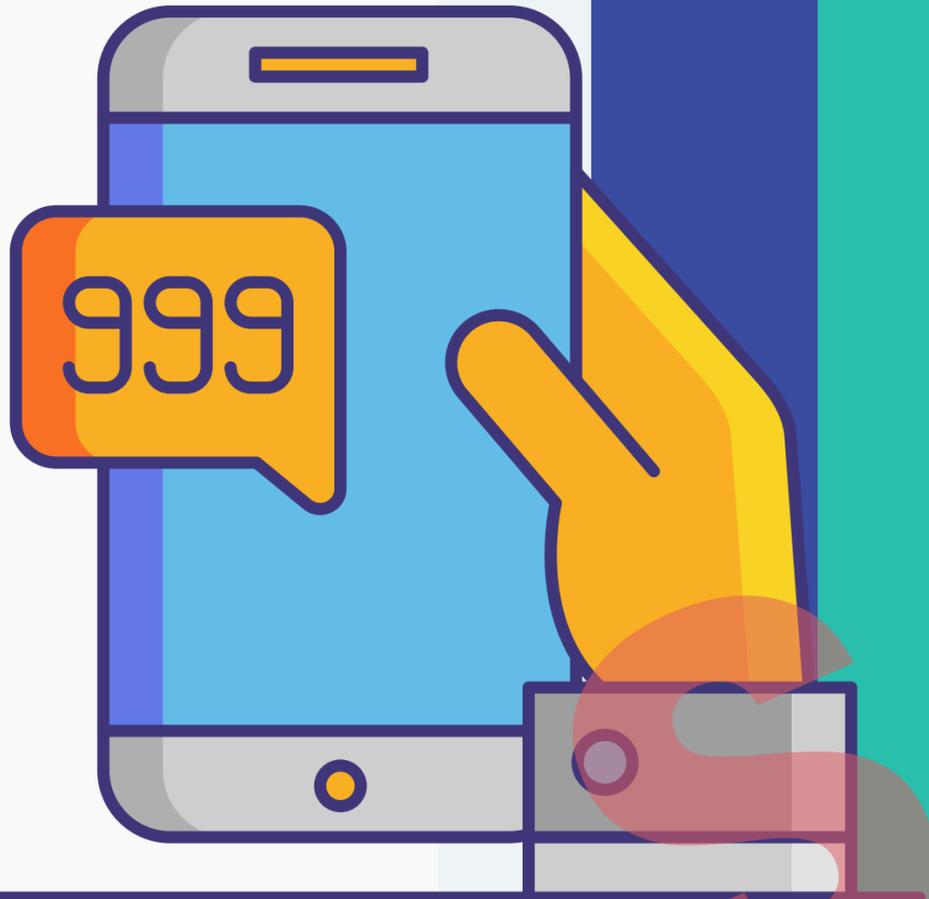


Call



THE EMERGENCY NUMBER

If someone has collapsed and is not awake when we call their name or shake them we call ...



CHECK – BREATHING



1000mpeople

Look – Listen – Feel

BREATHING BUT NOT WAKING

Recovery Position



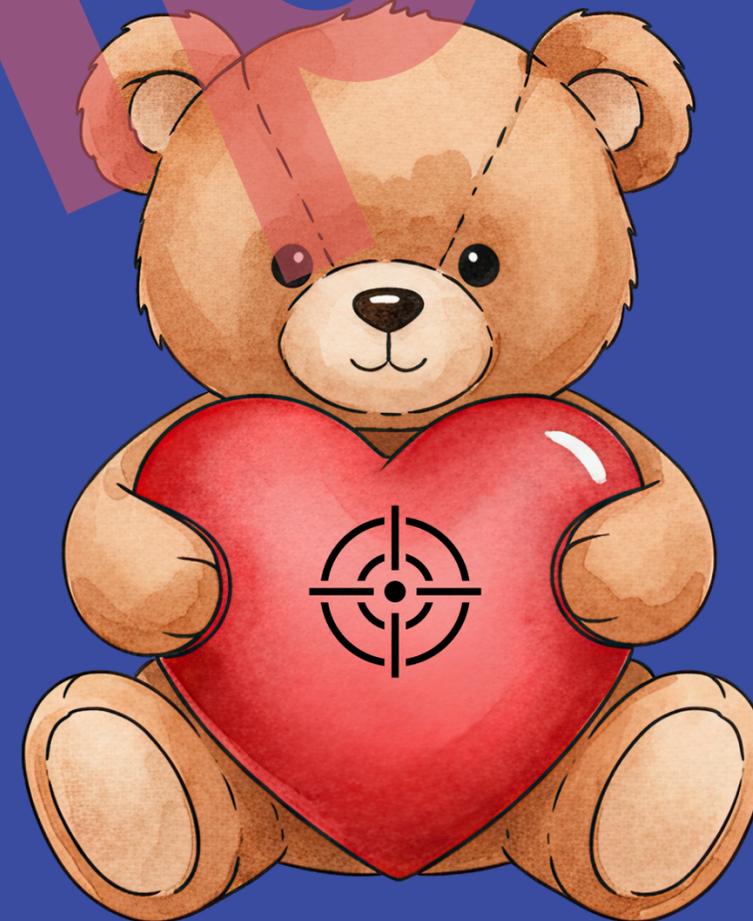
Roll onto their side and stay with them till help comes



IF THEY ARE **NOT** BREATHING

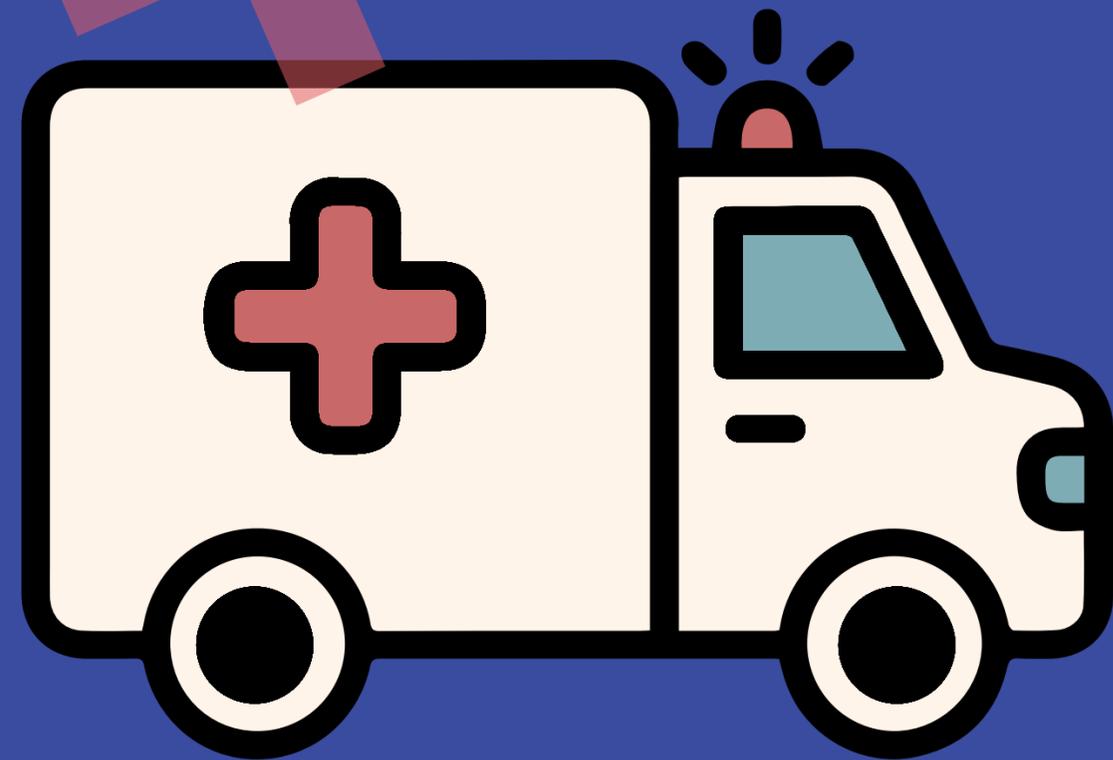
Start Pushes

- ▶ Hands in the middle of the chest
- ▶ Straight arms
- ▶ Push hard and fast



DON'T STOP UNTIL HELP ARRIVES

Keep pushing
until help
arrives or an
adult tells you
to stop.



WHAT IS AN AED?

A machine that helps the heart

- ➔ Open it
- ➔ Stick pads
- ➔ Listen to it



RECAP

- ▶ Check
- ▶ Call
- ▶ Push
- ▶ AED

Sammy



**NO NEED TO BE BIG TO BE BRAVE...
YOU KNOW HOW TO HELP**



CERTIFICATE OF PARTICIPATION

TEDDY BEAR CPR



**NO NEED TO BE BIG TO BE BRAVE...
I KNOW HOW TO HELP**