

## **Midlands Charity Teaches Local Children How To Save A Life**

**7 April 2011, Nuneaton :** Children at a High School in Nuneaton have been taught how to perform emergency treatment using life-saving CPR and an automated external defibrillator.

The children, from Kingsbury High School, took part in the workshop led by Midlands heart charity, Arrhythmia Alliance as part of their Health Heart Enrichment programme.

An AED administers a controlled electric shock to the heart, only in the event that it has stopped beating. Children as young as 6 years old have been made aware of how to use this life saving equipment.

The 11 to 16 year olds were shown by representatives from West Midlands Ambulance Service, how to do CPR and use an AED to help save the life of someone in cardiac arrest.

There are several AEDs located in public places around Warwickshire, some having been organised by The Heart Rhythm Charity. The charity aims to raise public awareness as to how to use CPR in conjunction with an AED to help restart the heart of someone in sudden cardiac arrest.

Trudie Lobban, Founder of Arrhythmia Alliance said, "We have been delighted at the chance to include some more of Warwickshire's young people in this vital community "heart safe" project. Learning life-saving techniques such as CPR and how to use an AED are invaluable skills to have whether you are a young person or an adult."

Fundraising will start soon to buy an AED for Hartshill High School and The Heart Rhythm Charity is hoping that both children and parents will donate to this appeal to place important life-saving equipment within the school community.

Editor's Notes:

1. For more information, please contact Jo Hassall at [jhassall@heartrhythmcharity.org.uk](mailto:jhassall@heartrhythmcharity.org.uk) or call 01789 520310
2. Websites: [www.heartrhythmcharity.org.uk](http://www.heartrhythmcharity.org.uk) & [www.knowyourpulse.org](http://www.knowyourpulse.org)
3. The Heart Rhythm Charity is leading Heart Rhythm Week from 6th to 12<sup>th</sup> June