

**THURSDAY 9<sup>TH</sup> MAY 2019**

**Coláiste Cois Siúire, Mooncoin**

**will host**



### **What is the hands for life programme**

With Hands for Life, the Irish Heart Foundation is offering an exciting, **FREE** community CPR training programme in communities with the support of Abbott and ESB Networks. Through this programme, we aim to train 100,000 people in the life-saving skill of CPR.

Everyday in Ireland 13 people die from a cardiac arrest and around 70% of these happen at home. Unfortunately, just 6.5% of people in Ireland who have a cardiac arrest in a non-hospital setting survive.

It is an hour-long course including a practical element of performing CPR on a manikin. The course will be delivered by an experienced Irish Heart Foundation instructor. For more information on the course visit the Irish Heart Foundation website.

**TO BOOK, GO TO [WWW.HANDSFORLIFE.IE](http://WWW.HANDSFORLIFE.IE) AND COMPLETE THE STEPS TO REGISTER AND BOOK IN FOR A FREE COURSE IN COLÁISTE COIS SIÚIRE (SEE BELOW FOR MORE DETAILS ON BOOKING).**

### **Why is there an importance for CPR?**

- Over 5,000 people die from sudden cardiac death in Ireland each year and over 70% of cardiac arrests occur in the home in front of a loved one.
- Every day in Ireland 13 people die from a cardiac arrest and by starting CPR immediately you double the persons chances of surviving.

- Unfortunately, just 6.5% of people in Ireland who have a cardiac arrest in a non-hospital setting survive. But CPR is an easy skill to learn and once you know how to do it, you could save someone's life.
- By getting an AED to the person within the first few minutes their chances of survival greatly improve.

### How many people can attend Hands for Life?

The training session will take no more than an hour to complete. Each location should be training at least 30 people per session with a maximum of 35 people. The aim is to have 3 sessions per day in one location, therefore at least 90 individuals can be trained in a life saving skill.

### How to use the booking system:

Go to [www.handsforlife.ie](http://www.handsforlife.ie) and complete the following steps to register and book in for a course in your area:

1. Register by entering in your contact details and agreeing to the terms and conditions
2. Once registered, press start to locate a course in your area
3. Bookings can be filtered by using the drop down of counties
4. There will be three sessions per location so please choose a time that suits you / your group
5. A number of seats can be booked by each person for the course e.g one person can book 20+ seats
6. The person who booked the course will receive a confirmation email

### Certification:

Each individual that attends will receive an email after the training that will include their certificate of attendance.

### Contact information:

For more information from Coláiste Cois Siúire on 051895112 or [info@colaistecoissiuire.ie](mailto:info@colaistecoissiuire.ie)