

## Touch Someone's Life

Every year over 6,000 people in Wales will have a cardiac arrest in the community and many will die without some simple and easy to learn interventions. Save a Life Cymru; established to increase the number of people who survive a cardiac arrest in the community; is seeking your support to help us share this important lifesaving message.

**We welcome this opportunity to discuss how we can support each other by:**

- **Watching this training video on:** <https://gov.wales/save-a-life-cymru>
- **Attending a face to face Cardiopulmonary Resuscitation (CPR) and defibrillator training session ( to be arranged and held in Llanhennock Village Hall after the current covid pandemic situation has subsided).**

**Touch Someone's Life**, a public information campaign, explains what any person should do in the event of a cardiac arrest (a condition where the heart suddenly stops working and the person becomes unconscious). CPR must be started immediately to pump blood around the body and a defibrillator used to restart the heart. The unpredictable and time-sensitive nature of cardiac arrest in the community makes it a unique medical emergency. There is no other medical situation that relies on such community intervention.

Around 80% of community cardiac arrests in Wales happen in peoples' homes and can happen to anyone at any time. Many who experience a cardiac arrest often appear healthy with no known risk factors. This emphasises the importance for everyone to have CPR skills to help save family, friends, colleagues, neighbours or a stranger.

Our ambition is to create cultural change across Wales so that everyone understands the urgent need to help anyone experiencing a cardiac arrest, as well as having the skills and confidence to start CPR and defibrillation. We know that some communities, businesses, shopping centres, train stations and places with high footfall in Wales have equipped their location with a defibrillator. There is more than needs to be done and we urgently need your help and support.

For further information about how your community is able to help please contact Save a Life Cymru at: [SaveALifeCymru@wales.nhs.uk](mailto:SaveALifeCymru@wales.nhs.uk)

### **Instructions on how to download the MP4 files:**

**Url to access Crush Cloud is:** <https://crushcloud.co.uk>

Username: savealifecymru

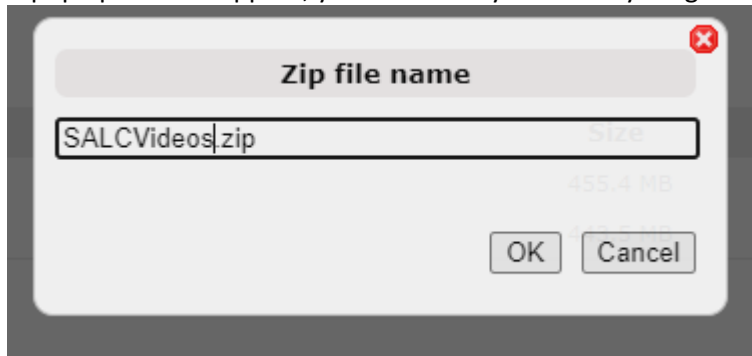
Password: Cymru567!

Once you're logged in. Select the checkbox next to the videos:

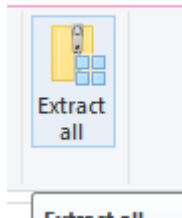


Then hit download:

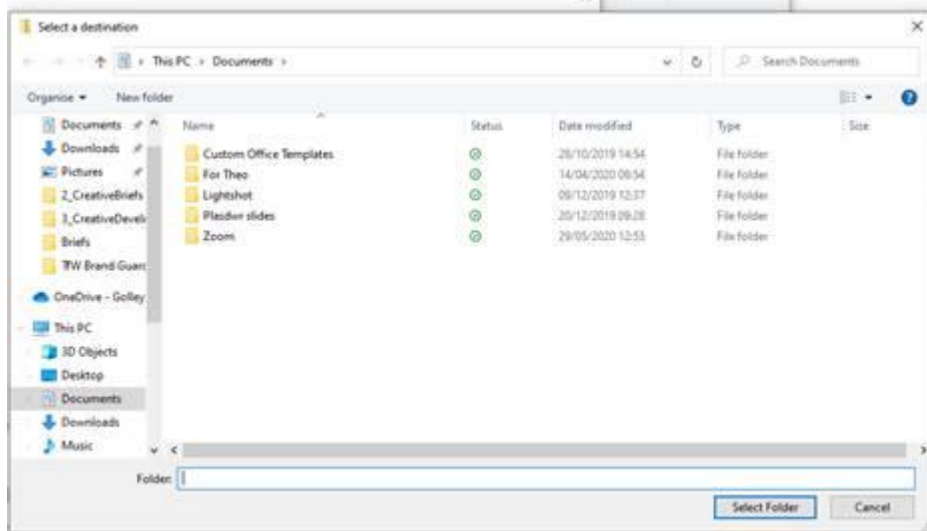
A pop up box will appear, you can name your file anything before downloading. Then hit ok



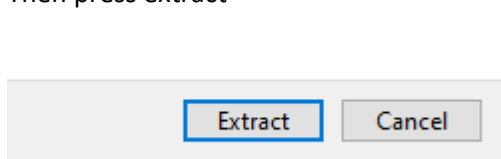
Once downloaded to your computer, open the folder and click "Extract all"



Select where you want to save them and click "Select folder"



Then press extract



Once they've extracted, they'll be wherever you've chosen to save them.

Good luck.