

# CPR and Defibrillator – Factsheet for Schools

Dumfries and Galloway (D&G) have established a Cardiac Arrest Rescue Zones (**CARe Zone**) Collaborative with the Scottish Ambulance Service, D&G Council, NHS D&G, the DH9 Foundation and Save a Life for Scotland. CARe Zones are an initiative to strengthen and mobilise community response to Out of Hospital Cardiac Arrest (**OHCA**) across Scotland. Find out more about the 5 levers of a CARe Zone at: [CARe Zone Levers](#)

## School CPR and defibrillator familiarisation

Teaching all young people what to do in an emergency, how to perform cardiopulmonary resuscitation (**CPR**) and instruct an adult what to do has been shown to dramatically increase survival rates from OHCA in other countries. It is a life skill every young person should have.

The ability to recognise a cardiac arrest, call for help and begin CPR makes survival three times more likely. Even little ones can call for help and direct an adult on what to do so there is real value in delivering training to all children from early level to senior phase.

## CPR training and the curriculum

CPR and First Aid fit into *Curriculum for Excellence (CfE)* in Scottish education primarily through the Health and Wellbeing curriculum area and interdisciplinary learning (IDL), with progression from early years to the senior phase. Further curriculum links can also be found in the Science Experiences and Outcomes exploring Body Systems, heart and lungs which further support children and young people's understanding of CPR, as well as Physical Education which promotes physical confidence in responding to emergency situations.

CfE emphasises that health and wellbeing is the responsibility of all staff who work in schools and should permeate all aspects of the school day. CPR training and defibrillator familiarisation links to the [Health and Wellbeing Curriculum](#) Experiences and Outcomes particularly under Physical Wellbeing:

- I am developing my understanding of the human body and can use this knowledge to maintain and improve my wellbeing and health. **HWB 0-15a / HWB 1-15a / HWB 2-15a / HWB 3-15a / HWB 4-15a**
- I am learning to assess and manage risk, to protect myself and others, and to reduce the potential for harm when possible. **HWB 0-16a / HWB 1-16a / HWB 2-16a / HWB 3-16a / HWB 4-16a**
- I know and can demonstrate how to keep myself and others safe and how to respond in a range of emergency situations. **HWB 0-17a / HWB 1-17a / HWB 2-17a / HWB 3-17a / HWB 4-17a**

An example of CPR/First Aid curriculum for schools in D&G:

Level	Key Focus	Delivery Ideas	Experiences & Outcomes
Early Level	Emergency awareness	Role-play calling 999, story-based scenarios	HWB 0-17a
First Level	Recognising emergencies	Class discussion, visits from local emergency services	HWB 1-17a
Second Level	Basic First Aid & CPR introduction	Interactive workshops, Red Cross/BHF resources	HWB 2-17a
Third Level	Hands-on CPR training, AED awareness	Partner with local first aid trainers	HWB 3-17a
Fourth Level	Peer-led demonstrations, scenario-based	Life-saving skills week or elective	HWB 4-17a
Senior Phase	Accredited first aid qualifications	Emergency First Aid at Work, SQA Health Sector units	Employability links

## Accreditation and achievement

In Scottish education, accreditation in achievement related to first aid can come from a variety of external and nationally recognised sources. These contribute to recognising wider achievement and can support schools in demonstrating success in QI 3.2: Raising Attainment and Achievement. There are some key first aid-related accreditation sources for schools in Scotland:

### 1. [Scottish Qualifications Authority \(SQA\) Awards](#)

- SQA First Aid at Work Award (SCQF Level 6) – often delivered to senior phase learners.
- Emergency First Aid at Work (SCQF Level 6) – a one-day course sometimes offered as part of wider vocational programmes.
- Can be delivered in partnership with training centres or colleges.

### 2. [British Red Cross Education Programme](#)

- Offers certified first aid training and resources tailored for young people.
- Certificates of participation/achievement can be used as evidence of wider achievement.

### 3. [St Andrew's First Aid](#)

- Provides accredited first aid courses to schools, youth groups, and educators.
- Recognised certification for learners who complete courses like Emergency First Aid or Young First Aider.

### 4. [St John Scotland](#)

- Offers structured first aid training and certificates that can be used for achievement logs and profiling.
- May align with SCQF frameworks depending on the course level.

## 5. Youth Awards and Programmes Including First Aid Components

- [Duke of Edinburgh's Award \(DofE\)](#) – often includes first aid as part of the skills or expedition preparation sections.
- [The John Muir Award](#) and [Saltire Awards](#) – if linked to leadership or community activities involving first aid.
- [Hi5 Awards \(SCQF Level 2\)](#) and [Dynamic Youth Awards \(SCQF Level 3\)](#) – can include first aid components if part of a project.

## Training

Free training is available to schools for young people on CPR and/or defibrillator familiarisation from the following organisations. It is for each school to determine which organisation best meets their needs and dependant on availability etc.

### **Restart a heart live**

Schools can participate in remote training as part of [Restart a heart live](#) which takes place every October. Every October Save A Life For Scotland and partners stream live from 9am - 9pm. This is paramedic led training delivered in short interactive sessions every hour on the hour. All they need is 20 minutes of your time, all you need is your hands. No equipment required, just grab your coat, backpack or pillow and join us live. All Schools are encouraged to register at: [Restart a Heart Live](#)

### **DH9 Foundation**

[DH9 Foundation](#) offer free CPR and defibrillation familiarisation training to all schools in D&G. All age ranges can be taught with the content adapted to be age appropriate. Training can take place in the classroom and lasts between 45- 60 minutes. Training is also available for staff and other members of the school community. For further information please see poster at: [DH9-CPR-Improving-the-Chain-of-Survival](#). You can arrange training by emailing: [admin@dh9foundation.org](mailto:admin@dh9foundation.org)

### **St. John Scotland**

[St John Scotland](#) can provide CPR / Defibrillator training to school children from primary 1 upwards. The training is changeable depending on age. You can arrange training by emailing: [fiona.thomson@stjohnscotland.org.uk](mailto:fiona.thomson@stjohnscotland.org.uk)

### **British Red Cross** (age 10+)

The British Red Cross offer free CPR and AED education. They have an online offering that teachers can use straight off the shelf:

[First Aid Champions](#) has CPR and AED education for both [primary](#) and [secondary](#) age pupils. Teachers do not need formal training to facilitate this education. The lessons can be delivered in class time, assemblies or in dedicated lessons. They also offer [free CPD for teachers](#) to help them to deliver this education. This takes about 1.5hrs to complete and can be done online or face to face.

They also offer free workshops for schools, run by expert educators, which are between 1-2hrs. These workshops can be booked at the following link: [free workshops for schools](#)

In addition, the British Red Cross have a [First Aid app](#), which might be suitable for older pupils and teachers.

### **Scottish Ambulance Service**

The Scottish Ambulance Service delivers CPR training at Operation Safety for all Primary 7 pupils annually.

### **Scottish Fire and Rescue (Community Action Team)**

Scottish Fire and Rescue offer CPR and AED input to both Primary and Secondary age pupils. Input can take between 30 - 45 minutes. Input is delivered face to face and can be delivered in your classroom or sports hall for 20 to 30 pupils at a time. The content will be adapted to suit the age range of those involved. Sessions are available throughout the year, at a time that suits depending on the availability of the Community Action Team. You can arrange a session by emailing:

[sfrs.dgcat@firescotland.gov.uk](mailto:sfrs.dgcat@firescotland.gov.uk)

### **St Andrews First Aid**

[St Andrew's First Aid](#) offers free CPR and general first aid sessions in schools across Scotland. These sessions are suitable from 5 years old and onwards, with the content being tailored according to the age range. CPR sessions take up to 50mins and are designed to fall in line with the length of one lesson, and are delivered in your classroom or sports hall, for up to 20-30 pupils at a time. Sessions are available throughout the year, subject to volunteer availability within the local area. To arrange training, email: [community@firstaid.org.uk](mailto:community@firstaid.org.uk). Let them know where you are based and ideal dates/times, and they can check to see what volunteer coverage is like in your area.

They also deliver First Aid Assemblies, where they demonstrate CPR to a group of older students first, and then throughout the day get them to take the lead on teaching it to the other year groups (with the supervision of our trainers and volunteers). This is a great way to get lots of pupils trained in a day, but also gives the older students experience in teaching and leading a CPR session. For more information about their School Programmes please visit: <https://www.firstaid.org.uk/get-involved/schools-programmes/>

### **NHS Resus Team (DGRI)**

The NHS Resus Team offer CPR and AED (Automated External Defibrillator) training to schools on an ad hoc basis if schools reach out to them and they have the time to support depending on capacity alongside their core business. Training is face-to-face and can be delivered for individual classes or to whole year groups. It takes between 45 mins - 1 hour depending on class size. You can enquire about training, by emailing: [dg.resus-training@nhs.scot](mailto:dg.resus-training@nhs.scot)

### **Heartstart**

Save A Life for Scotland is working with its partners to deliver the [Heartstart programme](#) to schools and communities throughout Scotland. This is available for all age groups. For more information and to book training, please email: [hello@savealife.scot](mailto:hello@savealife.scot)

Schools can register online as Resus Ready with the Resuscitation Council UK. To be ResusReady you need to have completed CPR training within the last 12 months. You will receive a certificate. You can find out more at: [FAQs: ResusReady | Resuscitation Council UK](#)

If your school is not able to access any of the above training programmes, the Scottish Ambulance Service and Save a Life For Scotland can work with and support teaching staff to help them deliver CPR sessions to their classes at a time that suits. Kit for CPR training and defibrillator familiarisation is available from Save a Life For Scotland partners and the Scottish Ambulance Service on request. For further information please contact: [hello@savealife.scot](mailto:hello@savealife.scot)

## Resources for School

There are also resources available for use by schools from:

- [British Heart Foundation](#) (aged 11 to 16)
  - [Classroom RevivR](#)
- [Save a Life for Scotland \(SALFS\)](#)
  - [Heartstart](#)
  - [Save a life for Scotland | Resources | Education Scotland](#)
- [Resuscitation Council UK \(RCUK\)](#) (secondary schools)
- [The Royal Life Saving Society UK](#)
- [Scottish Ambulance Service](#)
  - [Primary School 1 to 3](#)
  - [Primary School 4 to 7](#)
  - [Secondary School](#)

## Automated External Defibrillator (AED)

Save a Life for Scotland have produced helpful guidance on defibrillators at: [Defib Guidance - Save a Life for Scotland](#)

## Registering your AED on The Circuit

If your school has a defibrillator(s), you should ensure that it is registered with **The Circuit**, the national defibrillator network. This will ensure that it is visible to your local NHS ambulance service and means someone can be directed to the defibrillator location. Early access to a defibrillator increases the chance of survival in an out of hospital cardiac arrest.

When you register your defibrillator, it will ask for details of when it is available for use. If the defibrillator is inside the school building, you will need to register the opening and closing times of the school and include any school holidays where the defibrillator would not be available. It is vitally important that this information is kept up to date. If your defibrillator is outside the school dates and accessible to the public then please specify this when registering.

You can find more information about The Circuit, including how to register your devices, at: [The Circuit - the national defibrillator network](#)

## Purchasing an AED for your school

If your school wishes to purchase an AED, [St Johns Scotland](#) or [St Andrew's First Aid](#) can provide support and advice on how to do this.

Further information about AEDs and advice on how to purchase them can be found at: [Out-of-Hospital Cardiac Arrest: A Strategy for Scotland: A Guide to Public Access Defibrillators](#)

Save a Life for Scotland can help arrange Defibrillator awareness sessions for staff/pupils, email [hello@savealife.scot](mailto:hello@savealife.scot)

It is important to note that as well as the initial cost of purchasing an AED for your school, there are subsequent costs to factor in for maintenance. The British Heart Foundation have produced helpful guidance on the cost of replacement pads and batteries etc, how often these need replaced and how to look after your defibrillator. Please see pages 8, 10 & 11 of the following guide: [your-guide-to-being-a-defib-guardian.pdf](#)

## Location of your AED

PADs should be:



The Department for Education have produced guidance for schools in England on AEDs. Although this guidance has been produced for schools in England, it may provide helpful guidance for your school when considering choosing a location for your defibrillator and deciding whether to allow community access etc. Further information can be found at: [DfE Automated External Defibrillators Guidance](#)

## Moving your AED for community use

If your AED is currently located inside your school building and you wish to move to outside of the school building to allow for community use, Save a Life For Scotland can provide support and advice on how to go about doing this. Please note there will be a cost attached for moving this. For further information, contact: [hello@savealife.scot](mailto:hello@savealife.scot)

## PADMap

PADmap is a brand-new tool which can be used by anyone looking to place a defib in the community. It uses data to identify high-risk areas and ensure defibs are close enough to help save more lives from OHCA across Scotland. It combines historic cardiac arrest locations with the locations of all the existing defibrillators, to compute locations that are most likely to see future cardiac arrests. It updates regularly, pulling in the latest data from The Circuit (the national defibrillator network) to ensure the suggested locations are based on the latest data.

PADMap can be access at: <https://padmap.org/>