



Little LifeSavers

**What could
YOU do
in an hour?**



Find out how you can learn CPR
for yourself then teach it in schools
near you at [littlelifesavers.org](https://www.littlelifesavers.org)
or scan here.

SCAN ME



**Put the wash on?
Answer emails?
Save a life?**

Our Teaching

Who do we teach?

We teach school children in Years 5 to 8.

What do we teach?

What to do if someone is choking.

How to do CPR on a child.

How to do CPR on an adult.

How to put someone in the recovery position.

How long does it take?

One hour to learn as a volunteer.

One hour to teach a session.

What does each session look like?

Children receive a demonstration of the four skills at the start of the session.

Children are split into three groups to practice the skills with an instructor, rotating every 10 minutes to the next skill.

Finally, there is an all-group recap at the end.

The Little LifeSavers Charity

What is our charity vision?

Our charity vision is to reach every child in Years 5 to 8 throughout the UK with these simple skills, so that they have the knowledge and confidence to take appropriate action should they ever need to.

Does it make a difference?

One of the children we taught recently, went on to save his father from a cardiac arrest.

The man returned to work six weeks later.

Read about Henry and his dad at littlifesavers.org

Why do we need your help?

We need to reach approximately 3.7 million school children across the UK - and to do this we need a lot of volunteers!

The Volunteer Information

Can I volunteer?

Our volunteering opportunity is open to every adult in the UK, regardless of medical training and experience.

We train and support all our volunteers, as well as provide both the equipment to teach the skills and a booking system to update your availability. Teaching is in term time and only in schools.

Please note that our volunteer training does not lead to formal accreditation

What do I need to do?

Get in touch!

And then all our volunteers need to do is learn the four simple skills of our teaching model and tell us when they can be available to teach.

What next?

If you would like to know about becoming a Little LifeSavers Volunteer, then please visit littlifesavers.org/get-involved



Little LifeSavers. Creating a Nation of LifeSavers

