

# Call Push Shock student scripts: **Presentation to community**



## Extension lesson plan

**At this stage you will have decided on an audience and sent invitations to them to attend your presentation.**

You will need one session with the students to plan the following for your presentation:

1. Allocate speaker parts.
2. Read through the scripts with speakers practising their allocated parts.
3. Have one more rehearsal of the presentation.
4. Deliver your presentation.

The following pages are your script for the Call Push Shock presentation that you will deliver to a community group. You might find it easier to change some of the text to your own words, as long as the key points are covered off.

Students who do not have a speaking part can help individual audience members position their mat and heart to perform quality CPR.

You will require:

- ✓ Call Push Shock presentation scripts (the script text can be adapted to your style, but be careful not to change the message).
- ✓ Call Push Shock Kits (enough for your audience).
- ✓ Call Push Shock kits (please use kits from lesson one - if you need more you will be able to order more)
- ✓ A smartphone for music (**Speaker 6** will have organised the CPR music on the smart phone and be ready to play it during the presentation).
- ✓ A smartboard to play the Call Push Shock video from PowerPoint in lesson one (**Speaker 9** will have this ready to play)



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Education and Training

# Call Push Shock Presentation

## Speaker 1

(Insert name)

### Every day in Victoria, 19 people die from a cardiac arrest.

A cardiac arrest occurs when the heart suddenly stops. The person is unconscious and not breathing normally or not at all. This is a life-threatening emergency.

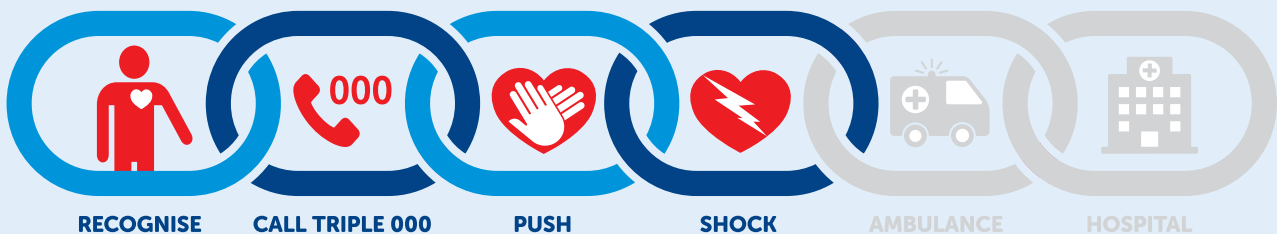
Seven out of 10 cardiac arrests occur in the home or a public space. Sadly only one in 10 people survive.

But there is hope. If we witness a cardiac arrest and we step up immediately and start CPR, we double the person's chance of survival. If an AED is used, the person's chance of survival increases enormously.

This week we have learnt how to step up and help someone who has a cardiac arrest.

Today we are going to challenge you to also learn how to save a life in 3 simple steps:

**CALL – PUSH – SHOCK.**



### Welcome! My name is:

(Insert name of Speaker 1)

Thank you for coming. A cardiac arrest can happen to anyone, anytime and anywhere. Today you'll learn how to save lives.

(Insert name of Speaker 2)

is going to show you how to save a life in three easy steps: **CALL – PUSH – SHOCK.**

## Speaker 2

(Insert name)

Ambulance Victoria and the Heart Foundation have worked together to develop the Call Push Shock Kit to show all Victorians how they can save a life in 3 simple steps: **CALL – PUSH – SHOCK.**

(Speaker 2 distributes Call Push Shock Kits to all audience members and asks them to unpack them. Explain how they are to be laid out on the floor with the rubber heart in the middle of the chest as indicated.)



### Speaker 3

(Insert name)

If someone is unconscious and not breathing normally or not at all, it's time to act. Seconds count. It's up to all of us to learn how to save a life in three simple steps.

#### Step 1: Call Triple Zero (000) NOW

As soon as you recognise that someone is unconscious and not breathing normally or not at all, call Triple Zero (000) immediately and put your phone on loudspeaker. First you need to tell the call taker your location. If you don't know the exact address, look for key landmarks. The call taker will organise an ambulance and while the ambulance is on its way, they will continue to ask questions and guide you through CPR.

Call takers are well trained to manage emergencies. Follow their instructions and if you don't understand something, ask. Stay on the phone until the paramedics arrive.



### Speaker 4

(Insert name)

#### Step 2: Start CPR

Even if, after today, you forget how to do CPR, the call taker will tell you what to do.

**Note to speaker: Check that the audience has placed the heart correctly and they have positioned themselves beside the mat. Ask the group to follow your instructions as you demonstrate.**

- ✓ Kneel up straight with your knees next to the person's chest. Knees should be as wide apart as your shoulders.
- ✓ Put the heel of your hand in the middle of the chest right between the nipples. Now place your other hand on top and lock your fingers. Try and keep your fingers off the chest.
- ✓ Lean over the chest with your arms straight and elbows locked.
- ✓ Push down one third of the patient's chest and let the chest rise back before pushing down again.
- ✓ You will notice the heart will squeak once you have pressed hard enough



#### Now

(Insert name of Speaker 5)

will count you in and we will practice together.

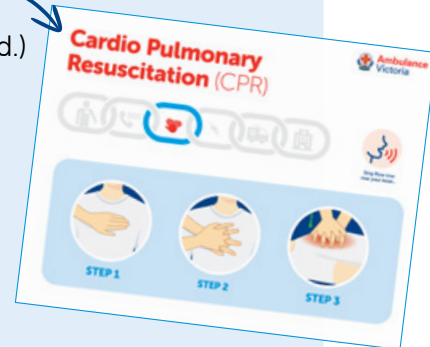
## Speaker 5

(Insert name)

Let's try this together: **1, 2, 3 GO.** Let's try to get the same rhythm.

(The audience can be singing *Row Row Row Your Boat* out loud or in their head.)

After one minute ask them to stop.



## Speaker 6

**Prior to the presentation starting, ask Speaker 6 to be ready to play the music at this point.**

(Insert name of Speaker 6)

Using the **Staying Alive song** from the PowerPoint in session 1, **press play** on the audio and challenge the audience

During this time, your classmates will help the audience to perform good CPR.

**'Ready ... 1, 2, 3 Go!'** Play music.

**Congratulations! Job well done.**

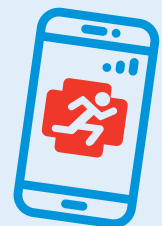


## Speaker 7

(Insert name)

**While the audience members are catching their breath, let them know about GoodSAM, an app that alerts adults to a nearby cardiac arrest.**

While you are doing CPR, you might get a visit from a GoodSAM responder. GoodSAM is an app that connects GoodSAM responders to people nearby who are in cardiac arrest. The app is connected to Triple Zero (000). This allows local GoodSAM responders to be alerted to offer CPR help in the first critical minutes while the ambulance is on the way. One of them might knock on your door and help with CPR and bring an AED. This app is already saving lives in Victoria.



You have the option to play the GoodSAM animation which explains how it works.

Download it from the resource folder or you can watch it online at: [www.ambulance.vic.gov.au/goodsam](http://www.ambulance.vic.gov.au/goodsam)



## Speaker 8

(Insert name)

### Step 3: Use an AED

If an AED is available, ask the person who has arrived at the scene with the AED to open it and follow instructions while CPR is continued.

When a person is unconscious and not breathing normally or not breathing at all, an AED can be used to shock the heart back to a normal rhythm (i.e. to restart the heart).

AEDs are very safe and easy to use. So easy that anybody can use them even if they haven't used one before. All you need to do is turn it on and follow the instructions. No training is necessary.

## Speaker 9

(Insert name)

We will now watch a video of paramedics who will talk you through when and how to use an Automated External Defibrillator (AED)

 **Press play** on AED video from the PowerPoint in session 1.






## Speaker 10

(Insert name)

### Congratulations!

You have met our challenge and now you know how to save a life in 3 simple steps. Together, we can save lives. I do have one more challenge for you: to do something with these skills you have learnt today. You could:

-  Teach your family or friends how to save a life in 3 simple steps.
-  Find out where your nearest AED is.
-  Sign up for the GoodSAM app.

**Thank-you very much for participating.  
Let's give everyone a round of applause!**

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