# Heartsavers Curriculum

Presented by Simon’s Fund

<table>
<thead>
<tr>
<th>Time</th>
<th>10 minutes</th>
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<tbody>
<tr>
<td>Grade Level(s)</td>
<td>4 - 12</td>
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## Materials
- Video: Heartsavers
- Optional (AED Contest)

## Objectives
- Students will learn about Sudden Cardiac Arrest (SCA) and the Chain of Survival.

## Background
- Approximately 1 in 70 high schools will have a sudden cardiac arrest (SCA) on campus each year, and nearly half of these events will be in students or studentathletes.
- Sudden cardiac arrest is the #1 cause of death of student athletes. It takes the lives of thousands of students every year.
- Providing CPR and using an AED dramatically increases the chance of survival.

## Lesson

1. **Set Up:**
   - Ask class if anyone has seen Ghostbusters. Are they excited for the new version? Share the music video, Heartsavers. It is not about killing ghosts. It is about saving lives. It is available via YouTube, Vimeo or Dropbox.

2. **Discussion:**
   - Ask students to describe what happened in this video. What did they learn? Where are the AEDs in the school? Have they seen them anywhere else?

3. **Teach Lesson:**
   - **What is it?** Sudden Cardiac Arrest is what happens when the heart stops beating, suddenly and unexpectedly. Blood stops circulating throughout the body.
   - **How Do You Know it is Happening?** Someone will collapse. They will not respond. They won’t be breathing. They may be shaking (like a seizure).
   - **What Should You Do?** The Chain of Survival: Call 911. Get an AED. Start CPR.
     - In any emergency, call 911. They will send help and tell you what to do next.
     - Find the automated external defibrillator (AED). This device shocks the heart. This makes the heart start beating normally again. An AED is a smart machine. Turn it on. It will tell you what to do next. It WILL NOT deliver a shock unless it is needed.
     - Start CPR. The 911 Responder and AED device will tell you this too. With your palms locked facing down, push hard and fast, on the left side of the chest. There is no mouth-to-mouth. Just do the compressions. You should do about 100 beats per minute. Think of “Crazy in Love” by Beyonce; “Gives You Hell” by The All-American Rejects; “On Top of the World” by Imagine Dragons; and “Talk Dirty” by Jason Derulo.