

# YOUR HANDS COULD SAVE A LIFE!

The Irish Heart Foundation's 'Hands for Life' programme is offering free CPR training to 100,000 people in local community centres, clubs and libraries throughout the country over the next two years.

**T**he IHF's new CPR community training programme was launched by a nurse who heroically intervened and saved the life of a bus driver suffering a cardiac arrest.

Recalling the time she saved the bus driver's life, Mater Hospital nurse Aoife McGivney said: "The day started out like any other for me, getting on the bus to work in the morning. But before long, I found myself on the footpath on O'Connell Street performing CPR on the bus driver.

"Thankfully, he survived and nobody was hurt. I was lucky enough to know what to do in the situation and my training kicked in instinctively. It's important to know CPR as it can be the difference between life and death."

McGivney said she hopes that others will be inspired by her story to learn CPR through the Foundation's 'Hands for Life' free community one-hour CPR training courses.

## NATION OF LIFESAVERS

Tim Collins, CEO of the Irish Heart Foundation, said: "Every day in Ireland 13 people die from a cardiac arrest. If there is someone nearby who knows CPR and can start performing compressions quickly, you can double or even

### The one-hour training courses will show participants how to:

- Recognise a cardiac arrest;
- Perform compressions, including hands-on practice on a CPR training manikin;
- Use an AED (Automated External Defibrillator);
- Respond to a choking emergency;
- Recognise a stroke.



triple a person's chances of survival.

"We've developed the 'Hands for Life' programme to create a nation of lifesavers by training as many people as possible in CPR. And thanks to the support of Abbott and Esb Networks, we will train 100,000 people over the next two years, which will in turn improve people's chances of surviving a cardiac arrest in Ireland."

Paul Hennessy, Abbot's Customer Experience Director, said "At Abbott, we work to keep hearts healthy with our life-changing technologies and by empowering communities to prevent non-communicable diseases in Ireland and around the world.

"By providing CPR training through 'Hands for Life', we can provide people across Ireland with the practical knowledge to step in and save a life in the most serious of situations."

Paul Mulvaney, Executive Director of Customer Delivery at Esb Networks, said: "This programme allows us to strengthen our strong connection with every community in Ireland by engaging with them and empowering local people to become part of a nation of lifesavers."

Communities, groups and clubs who have 30 or more people interested in free training courses can contact the IHF directly on 01-6685001, email [handsforlife@irishheart.ie](mailto:handsforlife@irishheart.ie) or visit [www.HandsForLife.ie](http://www.HandsForLife.ie).



Tim Collins, CEO of the Irish Heart Foundation, pictured with Mater Hospital nurse Aoife McGivney, who launched the IHF's free CPR training programme (Pic: Nick Bradshaw/The Irish Times)