МЕНЮ  
  
Текст на главном экране:  
You can save my life!  
Click on the heart - Click on the heart  
I am your heart  
  
Пункты меню:  
About project  
Interactive game  
About defibrillators  
Myths about resuscitation  
True stories  
Resuscitation playlist  
Contacts  
  
  
01  
  
Every 45 seconds, a human heart stops in European countries  
  
  
02  
  
You can save my life! Click on the heart  
Click on the heart - Click on the heart  
I am your heart  
SCROLL  
  
  
02\_2  
  
I am your heart  
I will teach you the basics of resuscitation  
SCROLL  
  
  
02\_3  
  
I am your heart  
I will teach you the basics of resuscitation  
SCROLL  
  
  
03  
  
I am your heart  
  
Sudden cardiac arrest: It may happen to anyone  
  
Everyone should know the basics of first aid, precious time is lost before the arrival of doctors, when it is possible to save a life or prevent the deterioration of the condition.  
  
The person who provides first aid must independently and as quickly as possible decide what needs to be done to save the victim's life.  
  
SCROLL  
  
  
03\_02  
  
I am your heart  
SCROLL  
  
  
03\_03  
  
The faster CPR is started, the greater the chance the person will survive!  
Every 45 seconds, a human heart stops in European countries  
Women are less likely to be resuscitated from bystanders than men  
Only 3% of eyewitnesses without medical education are able to provide first aid  
  
  
04  
  
  
I am your heart  
Time is running out - save me!  
Interactive game of resuscitation steps  
  
  
16  
  
  
I am your heart  
Man B is lying down. Man A leans down and asks man B, «Hey! Are you OK? Need help?» Man B does not respond. There are a group of people in the background, a girl in a pink blouse (hereafter girl B) stands out among them.  
Exit

15/17  
  
I am your heart  
  
You came to Serhiy. What will you do?  
  
Assess a person's level of consciousness: questions, touches;  
Call someone for help  
  
40s  
Exit  
  
  
  
05  
  
I am your heart  
Automated external defibrillator  
Automated external defibrillator (AED) is not at all a "scary" device for "restarting" the human heart. It must be freely accessible in all public places. AED makes decisions independently and has a self-control system. Get AED - follow voice commands - save my heart!  
  
  
05\_2  
  
I am your heart  
SCROLL  
  
  
05\_3  
  
I am your heart  
  
An automatic external defibrillator can`t kill a person!  
The defibrillator does not "trigger", it "restarts" work of the heart  
You can only do damage if you hit the head with a defibrillator box  
A defibrillator will not give a shock to a human with a healthy heart rhythm  
  
SCROLL  
  
  
06/06\_2  
  
I am your heart  
BREAK  
FIRST AID - FIRST AID  
  
  
06\_3/06\_4  
  
Fears about human defibrillation  
  
Fear №1  
Bone fractures can be treated, but death from sudden cardiac arrest can not!  
Fear №2  
What if a person after being resuscitated decides to file a lawsuit?  
  
Myth-busting  
That's fine, but what if, after saving a life by doing CPR, that person sues you for your actions? It is possible, but unlikely. Good Samaritan laws differ in USA, but all of them have protections for bystanders who do CPR. It is in the country's interest to encourage people to do CPR, and the law clearly demonstrates it.

As long as you react as a conscious person would, providing care according to your level of training, and are not compensated for your actions, these laws should protect you from a lawsuit.

07  
  
I am your heart  
  
Fear №1  
Bone fractures can be treated, but death from sudden cardiac arrest can not!

07\_2  
  
I am your heart  
  
Fear №1  
Bone fractures can be treated, but death from sudden cardiac arrest can not!  
  
Myth-busting  
Perhaps you heard that doing CPR can lead to broken or cracked ribs and other similar injuries to the victim. That`s true, CPR compressions must be hard and fast, what can actually break bones. It is important to remember that a broken bone can be treated and cured, whereas death from sudden cardiac arrest is permanent.

It is always better to provide immediate help and give a sudden cardiac arrest victim a chance for life, rather than to stay away for fear of harming more. Every second counts when it comes to sudden cardiac arrest!

18  
  
Stories Everyone Needs to Know  
  
Listen to the stories from people without medical education, but who took a course of BLS (Basic Life Support). That`s about how they put their knowledge to use in real life: providing first aid to victims and saving lives.  
  
  
Convulsive attack in a beauty salon  
  
"I was surprised that I didn't get confused and scared"  
Rivne, Liliya Ryzha  
Read  
  
Drowning woman  
  
"I had to save lives in civilian conditions for the first time"  
Kyiv, Mykola Semenchenko

Read  
  
  
Cardiopulmonary resuscitation of a man with cardiac arrest  
  
"What are you doing? The heart is on the left side! Get away from him!”

Elvira, a migrant from the Crimea  
Read  
  
  
19  
  
Convulsive attack in a beauty salon  
Rivne, Liliya Ryzha  
  
Lilia Ryzha is the owner of a beauty salon, a stylist. On her own initiative, Lilia took a BLS training course under the guidance of a certified instructor of the All-Ukrainian Resuscitation Council, director of BLS Tetyana Vorontsova. A month after completing the training, a woman had an accident in the salon - a client had a сonvulsive attack. Lily immediately rushed to help:  
- I was surprised that I didn't get confused and scared, - says Lilia. - I just knew clearly what needed to be done, because I had just completed a course in providing first aid.  
The woman removed the glass table so that the victim would not accidentally injure herself, moved her to a safe position and checked her breathing. Within a minute, the convulsive attack ended, and while the client regained consciousness, an ambulance was already rushing to the salon.  
  
  
09/09\_2  
  
  
I am your heart  
PLAYLIST for Rhythm for resuscitation  
  
  
09\_3  
  
I am your heart  
  
\*\*\* This playlist will help you to understand better the frequency of chest compressions. If you have to save someone's life, remember one of these songs.  
  
  
14  
  
I am your heart   
CONTACTS  
  
+380 (44) 331 31 18  
+380 (50) 546 05 05  
info@urc.org.ua  
Address: 04080, Kyiv, Kostyantynivska str. 75, building A  
urc.org.ua