



# PAKISTAN LIFE SAVERS PROGRAMME (PLSP)

PLSP is a nationwide capacity-building initiative, aimed at training 10 million Pakistanis in CPR and Bleeding Control.



## ABOUT PLSP

PLSP is a nationwide consortium of healthcare institutes that provides free of cost CPR and Bleeding Control training to Pakistani youth. The secretariat for the programme is based in the Centre of Excellence for Trauma and Emergencies, Aga Khan University.



## THE NEED FOR PLSP

- Pakistan reports **0% survival** from out-of-hospital cardiac arrest.
- Every 1 minute that goes without CPR **reduces the victim's chances of survival by 10%.**
- Similarly, hundreds of thousands of individuals also lose their lives due to **traumatic bleeding.**
- Bystanders and family members' timely intervention can save countless lives every year.

## OUR PROGRESS



**OVER 95,000**

Pakistan Life Savers trained



**OVER 2,000**

PLSP Master Trainers prepared



# PLSP'S TRAINING METHODOLOGY

PLSP's training methodology comprises:



## **Didactic session**

(45 mins to 1 hour)



## **Hands-on practice and Evaluation**

(1 to 1.5 hours)



## **Additional 'Master Trainer' Course for those interested in being trained as MTs.**

(1 hour)

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Please note that Master Trainers are only credentialed and certified after conducting 02 sessions under the secretariat's supervision.

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# OUR TRAINING COHORTS



**Schools**



**Colleges/  
Universities**



**Girls Guides/  
Boys Scouts**



**Religious  
community  
centers**



**Law  
enforcement  
personnel**



**Corporate  
offices  
employees**

# HOW CAN YOU JOIN THE MOVEMENT?

**We are excited to collaborate with:**

- Schools/ Colleges/ Universities /Offices/ Institutes interested in training their students and staff.
- Healthcare institutes to join hands with us as partners.
- Funding and donor agencies.

## **Contact Us :**

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