



Aussie KIDS SAVE LIVES – a position statement from the Australian Resuscitation Council and supported by stakeholders*

Our vision is for every child to know how to save a life

The Australian Resuscitation Council supports and recommends the Kids Save Lives Statement to provide Basic Life Support (BLS) education in Australian schools.

Key Facts:

- In Australia there are over 20,000 cardiac arrests in the community every year.¹ Because cardiac arrest is a time-sensitive emergency – every second counts.
- The majority (80%) of cardiac arrests occur in the home,¹ requiring household members to recognise the person is in cardiac arrest and respond to this life-threatening emergency.
- The basic life support (BLS) skills of cardiopulmonary resuscitation (CPR) and defibrillation provide the greatest chance of survival. However, only 40% of Australians in cardiac arrest receive CPR before the ambulance arrives and only 2% receive community defibrillation.¹
- Anyone can learn how to save a life, yet just over half of Australian adults have received BLS training.² Common barriers include a lack of awareness (44% 'never thought about it', 21% don't know 'where to go to learn'), as well as time and cost (12%).²
- The Australian Resuscitation Council believes that the best way to ensure more people are able to respond in an emergency is by ensuring BLS skills are taught to school children annually. BLS training will equip children with lifesaving skills they can carry through their lives, and also provides a fair and equitable means of reaching all Australians. Children can also be encouraged to teach their families BLS skills –which extends the value.
- BLS training is part of the school curriculum in Sweden, France, Denmark, Norway and recently the United Kingdom (UK). Early adopters of such programs have some of the highest bystander CPR and survival rates internationally, suggesting that educating children results is the most successful way to reach the entire population.³
- The World Health Organization (WHO) has endorsed the Kids Save Lives statement recommending two hours of CPR training annually from the age of 12 years in all schools worldwide.³
- BLS training can be provided by schools in different formats – using self-instructive video kits, online, and teacher led BLS skills in class.

The Australian Resuscitation Council recommends:

- An introduction how to identify an emergency and call an ambulance in Primary Schools in Years 1 to 2.
- A basic CPR session in Primary School in Years 3 to 6.
- Two hours of BLS education per year in Australian High Schools.

1. Beck et al. Resuscitation 2018;126:49-57.

2. Cartledge et al. BMJ Open. 2020;10:e033722.

3. Böttiger Resuscitation 2016; 105:A1-3.

The Australian Resuscitation Council is committed to:

- Developing and hosting the educational and instructional materials to support BLS training in the Australian School syllabus.
- Supporting the government to enable training in schools.
- Supporting schools to deliver training with minimal resources and supporting teachers to learn how to deliver training.
- Supporting school children to engage with self-instruction and teaching others.
- Supporting the existing Government curricula so as to ensure that the content fits with current Australian Curriculum, Assessment and Reporting Authority (ACARA) requirements.

***Stakeholders**



Heart of the Nation Australia



Advanced Paediatric Life Support



Australasian College for Emergency Medicine



ANZCA

Australian and New Zealand College of Anaesthetists



St John



Australasian College of Paramedicine



Ambulance Victoria

1. Beck et al. Resuscitation 2018;126:49-57.
2. Cartledge et al. BMJ Open. 2020;10:e033722.
3. Böttiger Resuscitation 2016; 105:A1-3.

We're here
for you 



**St John Ambulance,
Northern Territory**



St John, New Zealand



1. Beck et al. Resuscitation 2018;126:49-57.
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