



World Restart a Heart Day 2018 – ANZCOR Joint Statement (FOR TUESDAY 16 OCTOBER 2018)

Everyone can save a life. That's the message of World Restart a Heart Day on Tuesday, 16 October, and throughout Australia and New Zealand people are stepping up to prove it.

Each year across Australia and New Zealand, about 30,000 people suffer cardiac arrest. Only one in ten of them survive.

Restart A Heart Day is a global initiative to raise awareness and educate people about CPR and AEDs in the community. In schools, airports, farmers markets, city squares and lounge rooms, dozens of Restart A Heart Day events will take place involving thousands of participants.

"It's about encouraging everyone to give CPR a go," says Kevin Nation, Chief Executive of the [NZ Resuscitation Council](#).

"We're excited to see people all over the world coming together to make this the biggest Restart a Heart Day yet, and the first one that's truly global."

World Restart a Heart Day events are taking place in every continent on the globe, as part of a coordinated effort by the [International Liaison Committee on Resuscitation](#).

"Time counts in the event of a sudden cardiac arrest. For every minute that passes without intervention, the chance of survival decreases by 10%," says Professor Peter Morley, Chair of the [Australian Resuscitation Council](#).

"We're passionate about saving lives every day, but World Restart a Heart Day is a special opportunity for everyone to learn simple, lifesaving CPR steps. Whether you're teaching hundreds of people or just teaching your kids over dinner, you're making a difference."

Everything needed to take part on the day can be found on the website www.restartaheart.net including local area events and activities, downloadable flyers and fact sheets, and social media tools to spread the word.

The Resuscitation Councils of Australia and New Zealand are proud to support this important campaign, and we send our congratulations and thanks to everyone involved.

ENDS.

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