



WORLD RESTART A HEART 2024

MEMORY CARDS

Cut the cards and play the game.





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1. CHECK IF THE PERSON IS CONSCIOUS.

1

2. CHECK IF THE PERSON IS BREATHING NORMALLY.

2

3. CALL THE EMERGENCY SERVICES.

3

4. GIVE 30 CHEST COMPRESSIONS WITH A RATE = 100- 120 PER MINUTE.

4

5. WITH ONE HAND ON THE OTHER PUSHING ON THE MIDDLE OF THE CASUALTY'S CHEST WITH THE LOWEST PART OF THE HAND.

5

6. ASK FOR AED – AUTOMATIC EXTERNAL DEFIBRILLATOR

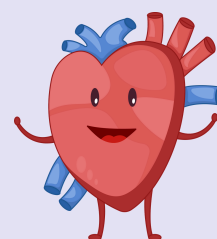
6

7. IF IT IS AVAILABLE, FOLLOW INSTRUCTIONS.

7

8. CONTINUE CPR UNTIL EMERGENCY HELP ARRIVES

8





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MEMORY GAME : THE RULES

Objectives: Learn life-saving Cardiopulmonary Resuscitation (CPR) and AED techniques through a fun and engaging memory game.

Materials Needed: Printable paper cards, Scissors, Glue

Setup: Print enough sets of the game for all participants. You can cut out the cards in advance if desired.

Activity Instructions:

- Start by explaining what a memory game is to all participants:

A memory game is a common children's game played with a set of cards. The cards have pictures on one side, and each picture appears on two cards. The game begins with all the cards face down, and players take turns flipping over two cards. If the two cards match, the player keeps them. If not, the cards are turned face down again.

- Game Format Explanation:

First Step:

The pairs of cards feature images representing the steps for handling a cardiac arrest victim with first aid techniques. Children must match the corresponding images to form pairs while learning these vital first aid steps.

Second Step:

Using the provided collage sheet, rearrange the images in the correct order to create a timeline of the first aid steps illustrated by the images.

How to Play:

- Each player receives their own set of memory cards and a collage sheet.
- Players take turns to create their memory pairs. A timer can be used to add an element of challenge and see who can complete their memory pairs the fastest.
- Once the memory pairs are completed, players keep their cards and use them to recreate the first aid steps in the correct order on the collage sheet.
- Ask a first aid trainer to verify the order before gluing the cards onto the sheet.

Remember:

Keep your final collage sheet with you and display it at home to remember these life-saving steps. Always remember to learn and practice first aid!

