



Resources from Restart a Heart Campaign - 2026

TOPIC	LINK
What is the difference between a Heart Attack and a Cardiac Arrest	https://www.youtube.com/watch?v=ZswtwyjWNyI
How do I assess a person for Cardiac Arrest and initiate CPR	https://www.youtube.com/watch?v=O8l4yKIsLWQ
Why is speed and depth important?	https://www.youtube.com/watch?v=DUaxt8OIT3Q
Register your Automated External Defibrillator (AED)	https://www.thecircuit.uk/
Find your closest AED	https://www.defibfinder.uk/
What 3 Words - to give the emergency services your exact location	https://what3words.com/pretty.needed.chill
Life-saver - a place to practice your skills and learn more about first responder actions	https://life-saver.org.uk/
Resus Ready - a website with lots of useful links and resources about what you can do in the event of a cardiac arrest	https://www.resus.org.uk/about-us/get-involved/resusready