

## The 10 ERC principles – increasing survival with “Kids SaveLives”:

1. Everyone can save a life – even children can save a life. (<sup>9–16</sup>)
2. Up to two hours of CPR training a year for school children is enough. (<sup>9–11,15,16</sup>)
3. Training must involve hands-on practice which may be augmented with theoretical – including virtual – learning. (<sup>9</sup>) Such training has also been performed without sophisticated equipment or specific resuscitation manikins.
4. Annual training of school children should start by the age of 12 years or earlier. (<sup>9–11,15</sup>)
5. Trained children should be encouraged to train other people. The homework for all children after such training should be: please train 10 other people within the next two weeks and report.
6. A wide range of people, including anaesthesiologists, cardiologists, emergency physicians, nurses, paramedics, medical and other healthcare students, trained teachers and many other volunteers can successfully teach school children in CPR – in schools, in hospitals and elsewhere. (<sup>6,9,15,16</sup>)
7. The responsible people in the Ministries of Education and/or Ministries of Schools and other leading politicians of each country should implement a nationwide programme for teaching CPR to school children. (<sup>12</sup>)
8. Every National Resuscitation Council (NRC) or similar organisation should support the implementation of a national initiative and “Kids Save Lives” campaign in its country.
9. With “Kids Save Lives”, children will also learn relevant social responsibility and social skills. (<sup>9–11</sup>)
10. National programmes that train school children in CPR can save more lives, improve productivity of society, and reduce health-care costs. (<sup>12,17</sup>)

## References

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