



LUXEMBOURG  
RESUSCITATION  
COUNCIL

**réagis!**  AU LYCÉE



# CPR TEACHING IN SECONDARY SCHOOLS

# 10 YEARS' EXPERIENCE IN LUXEMBOURG

## Objectives of resuscitation courses in secondary schools

In 2015 the LRC fixed the following objectives

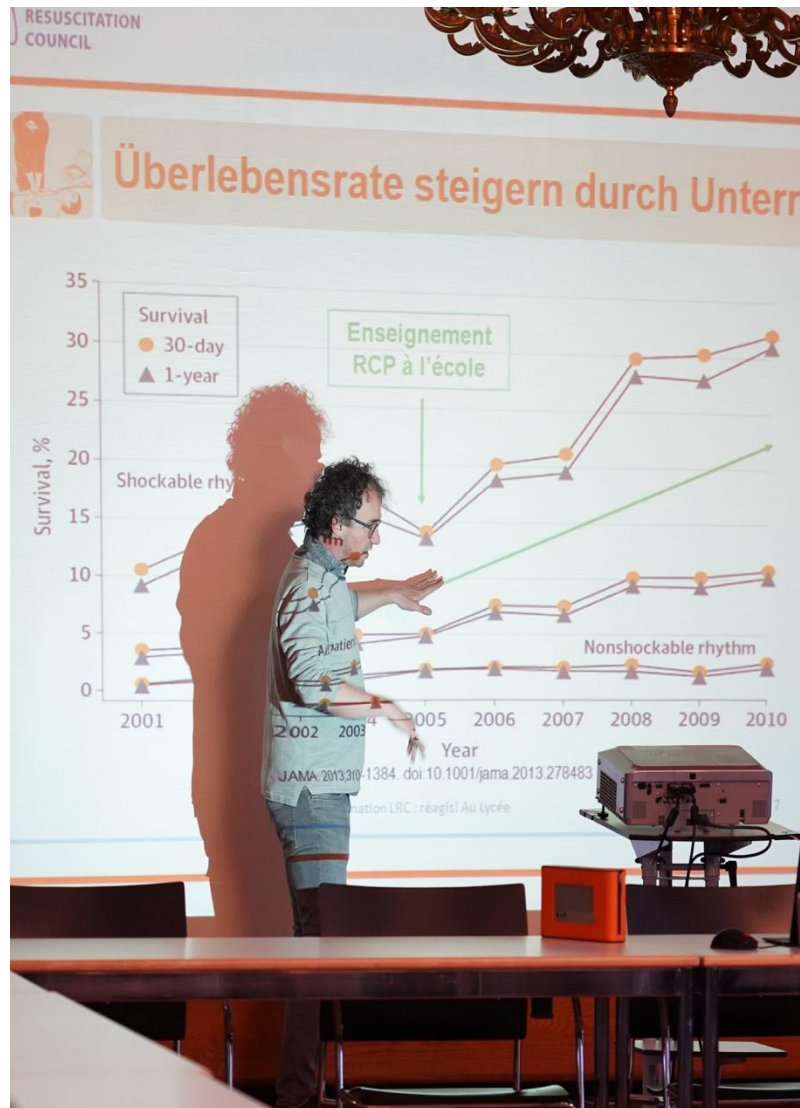
- Increase the number of witnesses of a cardiac arrest capable of performing CPR
- Teach the life – savers of tomorrow, by teaching all secondary pupils

They are highly motivated

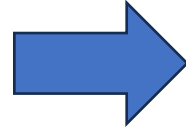
«Teaching children is teaching for life»

- Improve the outcomes of cardiac arrests in Luxembourg

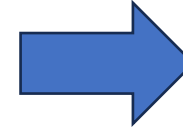
### ERC GUIDELINES 2010-25



## Check



## Call



## CPR-AED



At the end of this lesson, pupils can:

- Evaluate an unconscious person;
- Call the emergency services;
- Perform chest compressions, and maybe ventilations;
- Use an AED safely

KIDS



SAVE



LIVES

## Methodology of the project «Réagis au Lycée»

In 2015-2016, the pilot project "Réagis au Lycée" was launched in 4 secondary schools. In 2017, following positive feedback, the Ministry of Education made CPR training compulsory in all the public secondary schools, in the 2<sup>nd</sup>, 4<sup>th</sup>, and 6<sup>th</sup> years.

# Method «Teach the teacher»

## The LRC

- train  $\approx$  20 teachers in each secondary school in BLS
- supervise the project

## The teachers then teach

- the pupils "compression only" resuscitation
- in 2 parts: 20' Theory, 80' Practice

**Equipment:** Mannequins with luminous Feedback and Training AEDs

**GL2025**

**Documentation:** PPT, videos, flyers,..



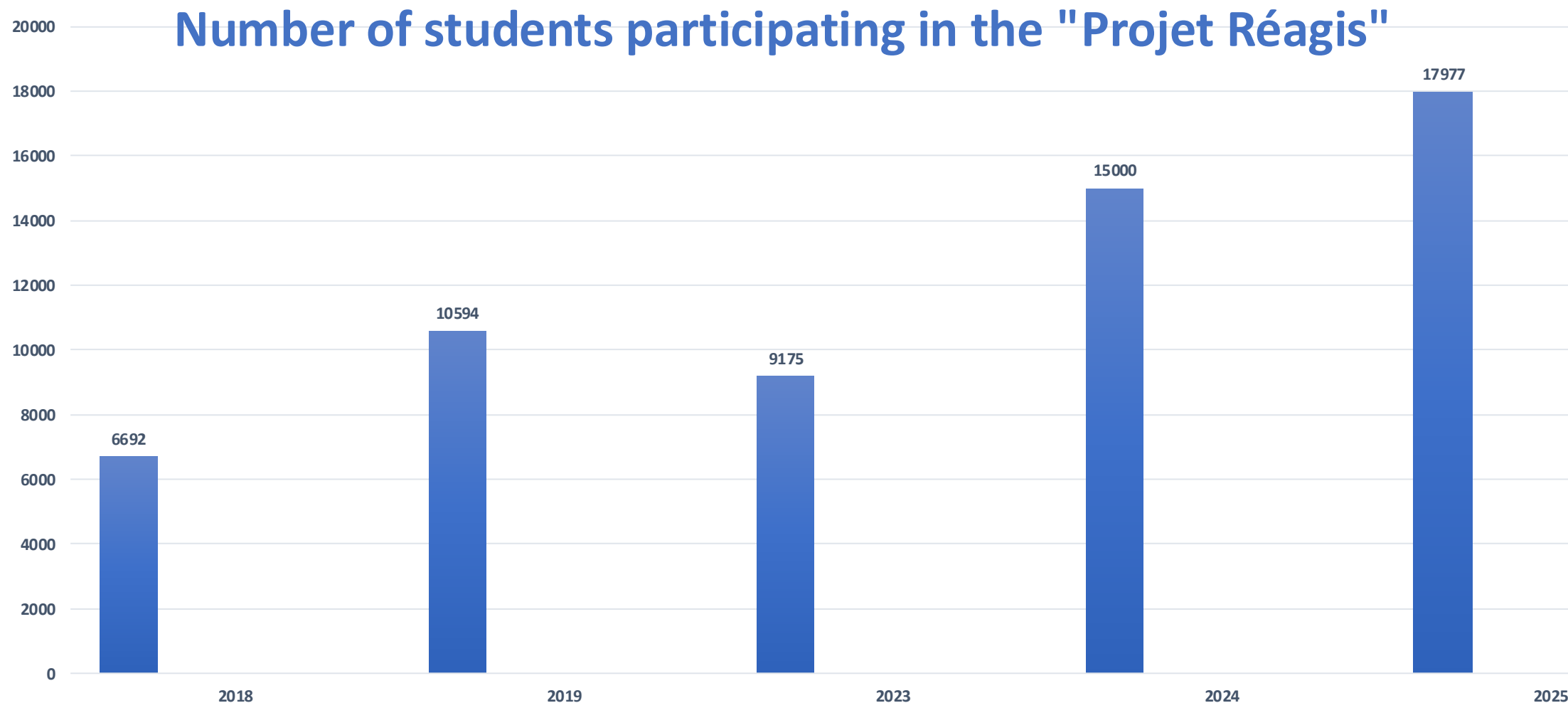
## Ministerial Instruction of 19th June 2023 – Project « Réagis au lycée »



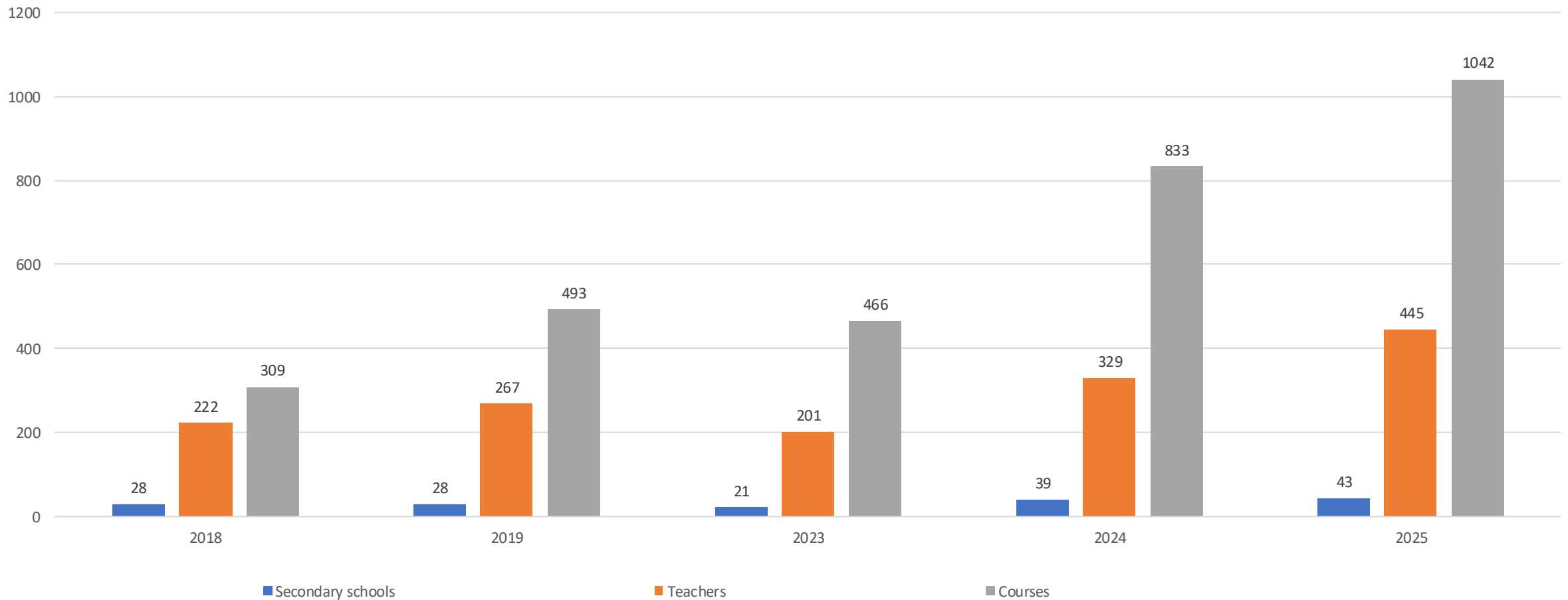
- Freeing-up of teachers and contact persons of the schools
- Contact persons at MENJE and LRC
- Project follow-up with a quantitative and qualitative Annual Evaluation, by the MENJE - electronic questionnaires
- Creation of a "Teams" platform between the MENJE, contact persons in the schools, and the LRC
- "Teams" platform in all the secondary schools

**GL 2010-25**

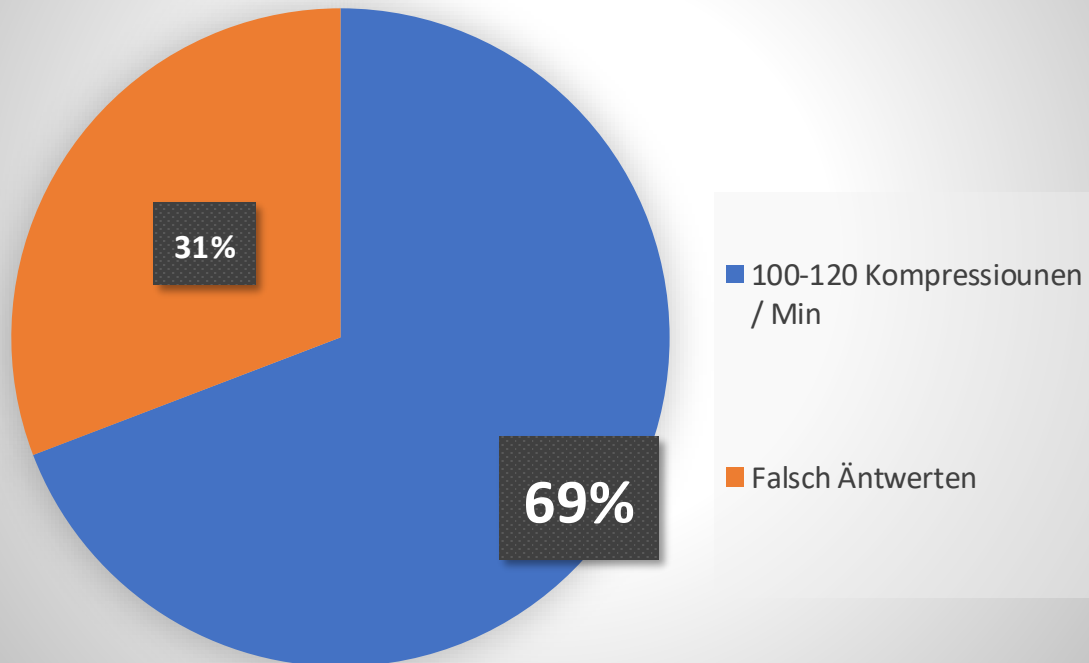




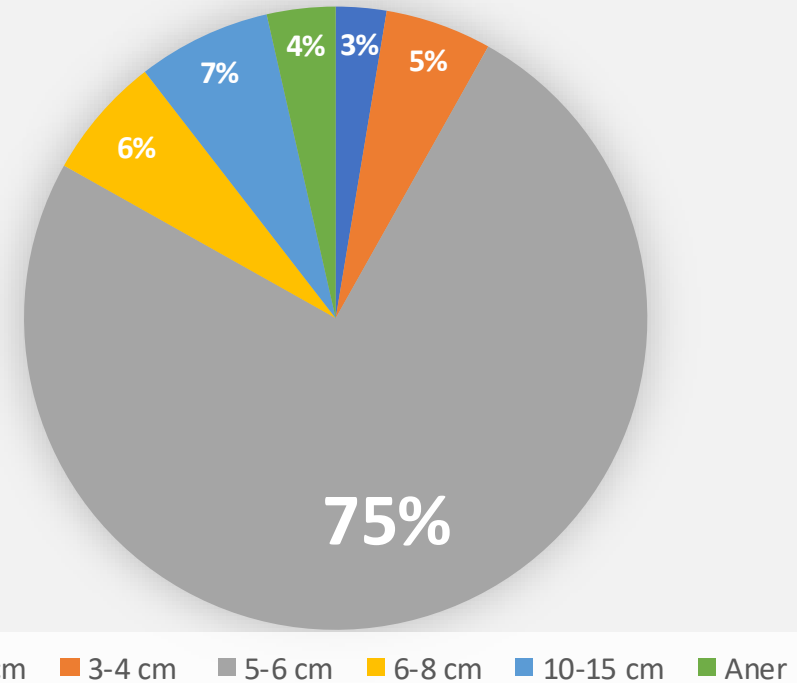
## Results 2018-2025 : Secondary Schools, Teachers, Courses



## Thorax Compressions/Minute

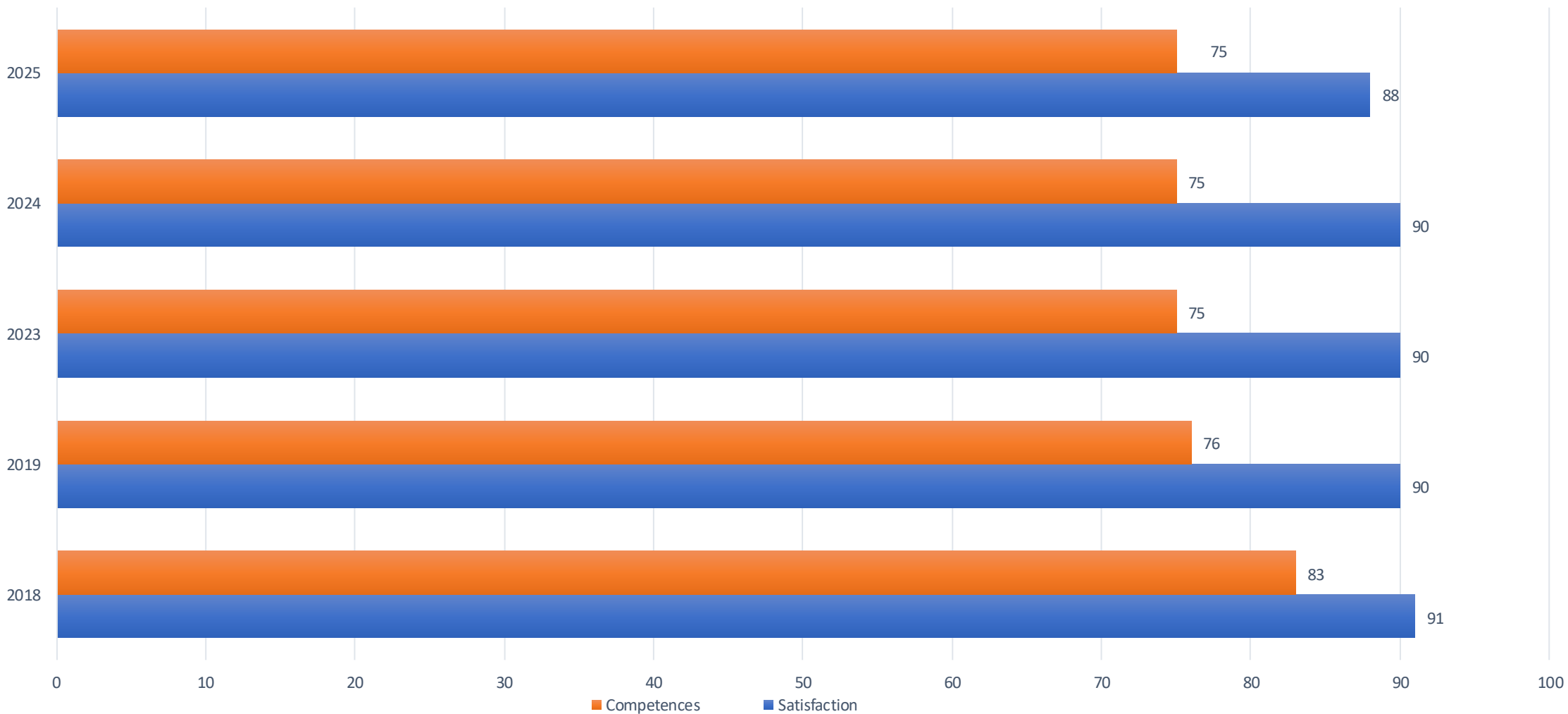


## Depth of the Thorax Compressions



I feel ready to perform thorax compressions and use an AED

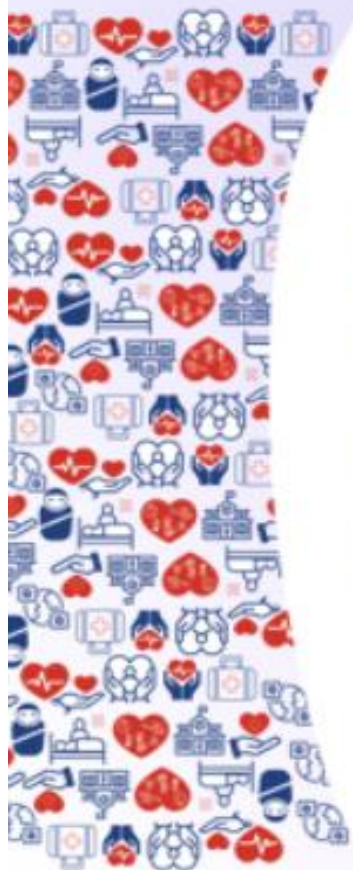






- The **teachers** trained in resuscitation are **competent** and motivated to teach their pupils to become the life-savers of tomorrow.
- The **pupils** learn the resuscitation techniques quickly and enthusiastically.
- This **programme** could have contributed to an increase in cardiac arrest survival rates in Luxembourg.

## The ERC Guidelines 2025 on Resuscitation for Everyone



## Perspectives of the project « Réagis au Lycée »

Develop a course track of CPR courses  
for lay persons

GL 2010-25

Introduce BLS courses in the teachers' curriculum

Start the project in primary schools

Continue CPR Refresher courses after studies, e.g. for  
driving licence, sports clubs, companies,...

Unite all the organisations in Luxembourg engaged in  
BLS training

**The Ministry of Education**

**The Ministry of Health**

**The Secondary Schools Athénée and Atert Lycée**

**Ifen**

**The directors of the secondary schools**

**The teachers participating in the project « Réagis »**

**The pupils**

**The BLS Instructors**

**The Luxembourg Resuscitation Council**





**Thank you  
for listening**