

LAING O'ROURKE



The Lifesavers Programme

Manchester Airport Transformation Programme Innovation



Across the UK, there are over 30,000 cardiac arrests outside of the hospital every year, but the survival rate is less than 1 in 10. The construction industry is full of physically demanding challenges, with the excessive labour and physical strain alone enough to trigger a Sudden Cardiac Arrest. This puts individuals working on construction sites at a much higher risk than those working in other industries.



In the past few months, the Manchester Airport Transformation Project delivered one hour long Cardiopulmonary Resuscitation (CPR) Training to over 200 staff, including Operatives and Senior Management Teams from Laing O'Rourke and contractors.

We have extended our efforts in making the UK a nation of life-savers, and we now offer and have facilitated the training to local school and scouts groups, as well as inviting local colleges and other organisations. We now provide the facility to any visiting body, teaching local schools and organisations who visit to learn about CPR and how vital it has been on this project: a member of our team was saved on site last year as a result of this training.

The training provided teaches valuable life skills and helps the British Heart Foundation reach their target of five million new CPR trained personnel in the UK by 2020.

Those who attended the training walked away knowing how to:

- Provide CPR on both adults and children.
- The correct way to move somebody into the recovery position.
- Use, and have a greater awareness of, Public Access Defibrillators.



As part of the training we are also including a familiarisation section on Public Access Defibrillators.

On the Manchester Airport Transformation Project, we currently have six defibrillators in operation, and located at main hub areas of the project. One of the six is registered on the 'North West Ambulance Service Tell Us about your Defib Portal', due to its location and availability at the project entrance.

Shortly after our training programme was launched, one of our operatives unfortunately suffered from a cardiac arrest. Thankfully our brave and trained staff quickly rushed to the rescue. They were able to perform CPR and use a defibrillator, and their actions contributed to his full recovery.

Jennifer Vasey, the attending paramedic said:

'I was the paramedic on duty at Manchester Airport on the morning of Friday 19th October and I just wanted to again say a huge well done to all the people that assisted with attempting to save a life that day. As a paramedic we are trained in advanced life support, but the difference we can make is hugely dependent on the work that is done before we get to scene. The teamwork I witnessed that day was remarkable and I would describe it as exemplary behaviour. We had early recognition of a cardiac arrest and contacting the emergency services, good CPR being carried out and early defibrillation. I have said it before but I will say it again, those actions were the absolute most that could be done prior to our arrival so well done.

If anyone is considering learning CPR and basic life support I would wholeheartedly encourage it. I believe it is offered to you by your company and I can only express how important it is. I'd hold it up there as one of the most important skills we can learn in life.'

Recent statistics show that Only 9% of patients survive an out-of-hospital cardiac arrest in England. According to the British Heart Foundation, survival can be increased significantly by the early use of CPR and automated external defibrillators (AEDs). That's why it is extremely important that we all fight for every beat when people need our help.

With the cost of the 10 person kit, provided by the British Heart Foundation, being as little as £391, it is a minimal financial investment for something that will benefit not just all those working on site, but those in the community around.

The kit comes with everything required for 10 delegates to self teach via the provided DVD's, and can be re-used as many times as required. Consumables range from £10.90 for 50 Manikin wipes, to £36.00 for five new faces for the manikins if there is any wear, tear or damage.

We believe this is something that all sites in the industry should be running, alongside the necessary first aid training, so we can become an 'Industry of Lifesavers'.

