

The World Restart a Heart Day

“All citizens of the world can save a life. All that is needed is two hands.” With this main message the first World Restart a Heart Day (WRAH) was initiated in 2018 and took place on the 16th of October. WRAH is a global initiative to increase public awareness and improve the rates of bystander cardiopulmonary resuscitation (CPR) for victims of out of hospital cardiac arrest (OHCA). During that day and the weeks before and after, people are trained in basic resuscitation (“CHECK-CALL-COMPRESS”). In 2018 12.7 million people were reached via social media and 675,000 were trained.



2019 was even more of a success. This time “iconic places” was the main theme. 206 million people were reached via social media with the #worldrestartaheart and 5.4 million people were trained in resuscitation worldwide, often in front of iconic places of the countries.

Pioneer of the WRAH was the European Restart a Heart Day on the 16th October 2013 initially established by the European Resuscitation Council (ERC). The International Liaison Committee on Resuscitation (ILCOR) expanded the concept to its global network of Resuscitation Councils, renamed it in “World Restart a Heart” and launched it in 2018 for the first time.

Since then the WRAH is taking place every year on the 16th of October. Activities do not have to take place on the 16th of October. Every support is needed and welcome. Awareness must be raised constantly. Though this specific day should be used especially for media activity and transnational public programmes.

The WRAH Initiative received the "Ian Jacobs Award for International Collaboration in Resuscitation" from the American Heart Association in 2019.

OHCA is the third leading death in industrialized countries. Mass resuscitation trainings, student trainings and information campaigns help to sustainably improve the lay resuscitation rate and thus the survival of patients with OHCA throughout the world.

We would love to invite everyone to take part in the World Restart a Heart Day 2020 and appreciate every activity and participation that will help to reduce the death rate of out of hospital cardiac arrest.

Because “All citizens of the world can save a life. All that is needed is two hands.”