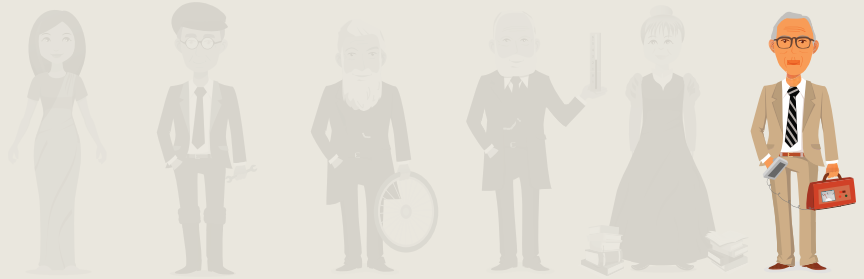




# Resources

Professor Pantridge



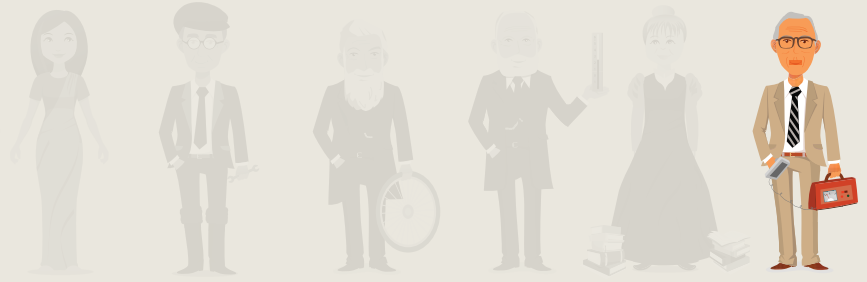
## Resource 1 – In what ways was Professor Pantridge innovative?

What he did	Why is this innovative?
He realised that it was no good having the defibrillators just in a hospital because research showed that most heart attacks happened suddenly and therefore not in hospital	
In 1965 he produced the first "portable" defibrillator	
He installed the portable defibrillator in an ambulance	
He created a safety mechanism for the portable defibrillator so that no one would receive the electric shock by accident	

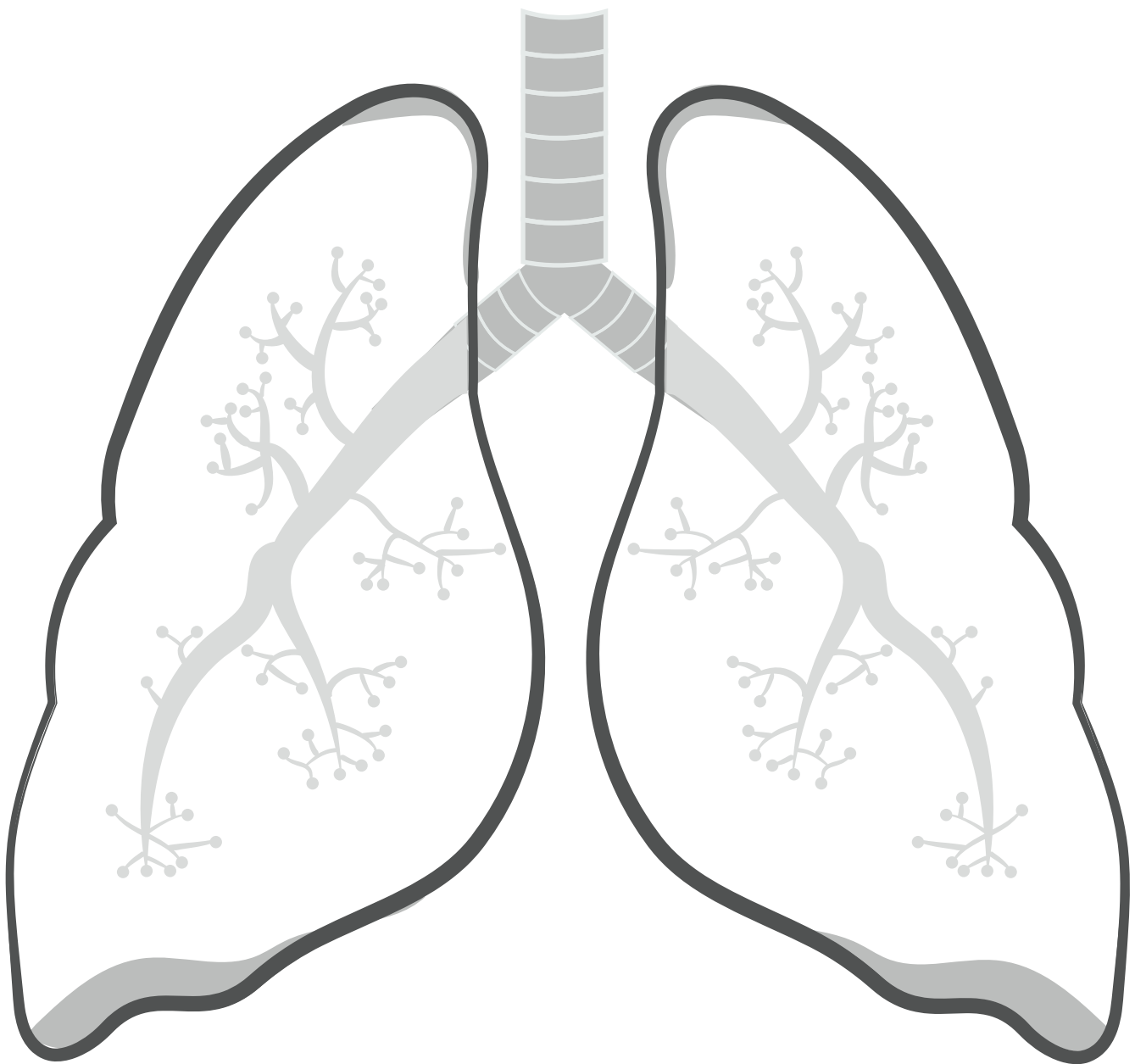


# Resources

Professor Pantridge



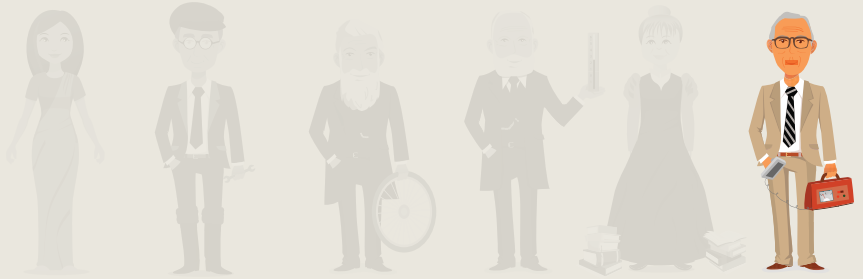
## Resource 2 - Lungs Template



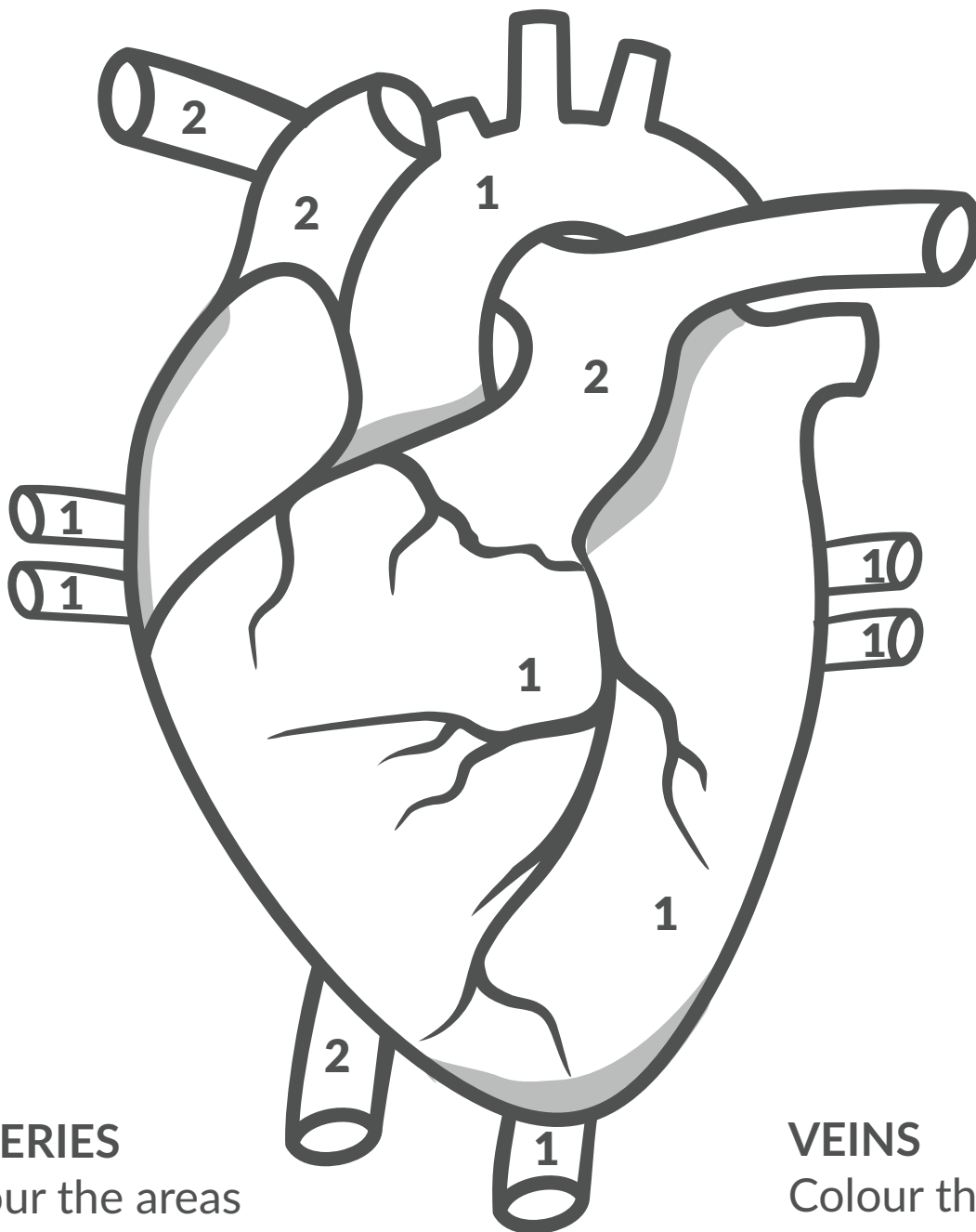


# Resources

Professor Pantridge



## Resource 3 – Heart Template



### ARTERIES

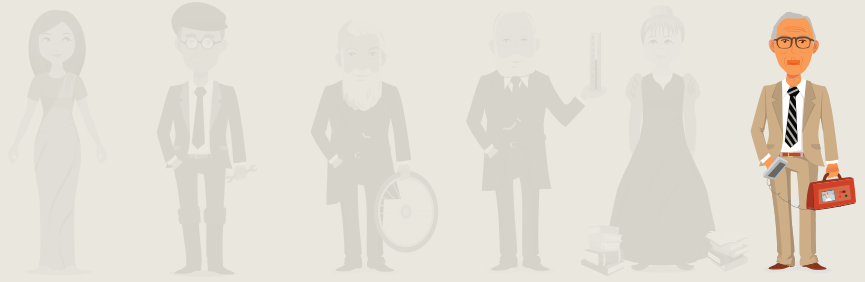
Colour the areas red that are numbered 1

### VEINS

Colour the areas blue that are numbered 2

# Resources

Professor Pantridge



## Resource 4 – My Exercise Log

Record what exercise you did each day and for how long.

To keep your heart healthy, your activities should be something that raises your heart rate. Try to do at least 60 minutes of exercise each day. Suggestions include walking, jogging, cycling, skating, dancing, swimming or football. Stay hydrated!

Day and date	Exercise and duration	Exercise and duration	Exercise and duration	Total duration
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Child signature \_\_\_\_\_

Parent/Guardian signature \_\_\_\_\_