



Do you live in a HEART Safe Community? Do you work for a HEART Safe Entity?

- If someone in your community suffers a sudden cardiac arrest tomorrow, how likely is he or she to receive rapid access to potentially life-saving treatment?
- How many residents and public safety officials in your community can recognize the symptoms of cardiac arrest and know how to get help “on the way, right away.”
- Who knows cardiopulmonary resuscitation (CPR) in your agency/community and is prepared to administer it when necessary?
- Where are automated external defibrillators (AEDs) located, and who has been trained to use them appropriately?
- Does your EMS provider have 12-lead EKG capability and are they trained in Advanced Cardiac Life Support?

The answers to these questions could determine whether or not your community qualifies as a HEART Safe Community.

Introduction:

According to the American Heart Association (AHA), less than 5% of individuals who have sudden cardiac arrest survive. Unfortunately, many who witness a cardiac arrest are unable to effectively help because they do not know CPR or the chain of survival. Knowing these steps can increase survival by 20% or more. The **HEART Safe** program is based on recognizing all communities who meet specific criteria that help increase the potential for saving the lives of individuals who have sudden cardiac arrest through the use of cardiopulmonary resuscitation (CPR) and increased public access to defibrillation.

Designation as a **HEART Safe Community** represents a coordinated effort by emergency medical services, fire departments, and police departments, as well as other various town departments, schools, and businesses that have committed to saving lives. By becoming a **HEART Safe Community**, your town, city officials, and citizens will be recognized for taking the time, and making the effort to become an invaluable link in the chain of survival.

The HEART Safe Community Program Promotes:

- CPR training in the community on a regular basis.
- Public access to defibrillation through strategic placement of automated external defibrillators (AEDs) for use by public safety professionals and other trained community members.
- Early advanced care by an ACLS trained professional.
- Providing information on warning signs: Know the signs of heart attack, sudden cardiac arrest, or stroke.
- Providing education on the importance of calling 9-1-1.
- Providing information on prevention and heart health.
- AED placement in all First Responder vehicles.
- Personnel are trained in CPR and cardiac arrest management.
- Locations of AED's are identified by a visible sign or sticker on the outside of the building. 9-1-1 dispatchers are able to notify the caller of the nearest AED if needed.
- Creating an ongoing process to evaluate and improve the "Chain of Survival."
- Planning events or working with outside groups to ensure awareness and improve outcomes from Sudden Cardiac Arrest.

Chain of Survival:

Early access to emergency care

- Bystanders recognize the symptoms of cardiac arrest and call 9-1-1 immediately.
- EMS dispatchers are equipped with instructions for the caller and can get an Advanced Life Support vehicle to the scene quickly.

Early CPR

- CPR, when properly administered, buys precious minutes until a defibrillator is available.
- Public knowledge and awareness must be increased so that those trained in CPR will actually use it when it is needed.



Early Defibrillation

- Defibrillation is the delivery of electric shock to restore the heart's normal rhythm.
- Early defibrillation is considered to be the most critical link in the chain of survival.
- New AEDs are lightweight, sturdy, and easy to use by anyone who has been trained.
- AEDs should only be used by individuals certified by defibrillation training programs that have medical oversight and are coordinated with EMS.

Early Advanced Care

- Advanced care is delivered by an Advanced Life Support response vehicle staffed by paramedics trained in Advanced Cardiac Life Support.
- Medications and oxygen therapy delivered by paramedics can be critical to the survival of cardiac arrest victims.



Required Criteria to become a HEART Safe Community:

- Designation of a lead organization to oversee the HEART Safe Community effort.
- At least two CPR/AED training sessions are conducted in the community each month.

- Local Law Enforcement Agency dispatches trained personnel equipped with AEDs to any possible cardiac arrest.
- Schools and municipal buildings have an effective emergency response plan that includes CPR and AED access.
- AEDs are placed in the community with appropriate trained personnel.
- Advanced Life Support is dispatched to appropriate emergencies and providers are defibrillation capable, have 12-lead EKG, and maintain certification.
- Have an ongoing process to evaluate and improve the “Chain of Survival” and overall cardiovascular health in the community.
- 50% of fire department volunteers has AED/CPR training. 100% of full-time firefighters have AED/CPR training.
- All police officers in the community are AED/ CPR trained.

POPULATION	AED’S REQUIRED
UP TO 2,500	4 AEDs
2501-5000	5 AEDs
5001-10000	8 AEDs
10001-20000	10 AEDs
20001-50000	12 AEDs
OVER 50000	15+ AEDs

Frequently Asked Questions:

Why should my community be a designated heart safe community?

- This designation will make the community a safer place to live, work and play by actively working to reduce the number of death and disabilities associated with Sudden Cardiac Arrest.

How long is the HEART Safe designation valid?

- The designation is valid for three years. At that time a renewal application can be submitted to continue the designation.



Will an AED always resuscitate someone in Cardiac Arrest?

- The AED will look at the electrical activity of the heart. If the electrical activity is “chaotic” and needs a “restart” the unit will charge and be ready to shock. If someone is in cardiac arrest and the AED does not indicate a shock is needed, CPR should be initiated immediately.

Is the AED safe to use?

- Absolutely! An AED is safe to use by anyone. If you can turn it on, you can use it. They are designed with multiple safeguards and warnings. However, you should receive by attending a CPR class with AED instruction or a specific unit training if there is an AED at a site you frequent.

Can anyone buy an AED?

- Yes. However, AEDs are manufactured and sold under guidelines approved by the FDA. Current FDA rules require a physician’s prescription to purchase most AEDs.

How much does an AED cost?

- There are a variety of brands and models available for purchase. Some are designed more specifically for medical providers and are more expensive, but many are designed to be used by the general public. Public access defibrillator costs can vary depending on the model chosen. Contacting your local EMS agency can help you with the process of reviewing the various AEDs and may have resources to help financially.

What do you get for becoming a HEARTSafe Community?

- In addition to a healthier community that is better able to respond quickly and effectively to cardiac emergencies and save lives, communities that attain the Heart Safe Community designation will receive public recognition. An award designating the town as a HEARTSafe Community will be presented at a public celebration. Additionally, the community will have access to public service announcements and media releases, certificates for posting in public areas and items to purchase



1. For each CPR/AED class offered the following heartbeats will be awarded depending on the population. A minimum of **ONE** class per month must be offered.

HEARTBEATS
EARNED

Population	HEARTBEATS for CPR
Up to 2,500	5
2,501-5,000	5
5,001-10,000	5
10,001-20,000	4
20,001-50,000	4
50,001+	4

2. Community Cardiovascular Training other than CPR must be offered. A minimum of **TWO** public events must be offered each year. These can include handing out information at a large town event or hosting a training. Each class is worth: **5 HEARTBEATS.**

HEARTBEATS
EARNED



3. AEDs in medical, fire and police response vehicles. Each equipped vehicle is worth:
5 HEARTBEATS.

HEARTBEATS
EARNED

4. Each public AED is worth:
5 HEARTBEATS.

HEARTBEATS
EARNED

5. ALS is available for each call and is dispatched to all possible cardiac emergencies.
10 HEARTBEATS.

HEARTBEATS
EARNED

6. Ongoing Evaluation and Improvement of Community "Chain of Survival"
10 HEARTBEATS.

HEARTBEATS
EARNED

7. All firefighters have completed CPR/AED training. **10 HEARTBEATS.**

HEARTBEATS
EARNED



8. Please use the table below to tell us how you plan to evaluation and improve upon your community cardiovascular “Chain of Survival.”

10 HEARTBEATS

HEARTBEATS EARNED

EARLY ACCESS	
EARLY DEFIBRILLATION	
EARLY ADVANCED CARE	
OTHER	



SILVER RECOGNITION (Criteria 1-8 must be met in addition to:)

9. Advanced Cardiac Life Support Paramedics are dispatched to all priority medical emergencies or there is a formal agreement with another local service which ensure ACLS response on all priority emergency calls.

20 HEARTBEATS.

HEARTBEATS
EARNED

GOLD RECOGNITION (Criteria 1-7 much be met in addition to:)

10. Local EMS is licensed at the Paramedic Level.

20 HEARTBEATS.

HEARTBEATS
EARNED

11. Local EMS is 12-lead EKG capable and has a STEMI protocol.

20 HEARTBEATS PER UNIT WITH 12-LEAD EKG.

HEARTBEATS
EARNED

TOTAL OF ALL HEARTBEATS: _____

Population	HEARTBEATS Required for Basic Recognition	Required AED in Community met?	Meets SILVER Criteria?	Meets GOLD Criteria?
Up to 2,500	110	4 YES / NO	YES / NO	YES / NO
2,501-5,000	130	5 YES / NO	YES / NO	YES / NO
5,001-10,000	150	8 YES / NO	YES / NO	YES / NO
10,001-20,000	170	10 YES / NO	YES / NO	YES / NO
20,001-50,000	190	12 YES / NO	YES / NO	YES / NO
50,001+	210	15+YES / NO	YES / NO	YES / NO