



## HEARTSafe is needed.

The sooner care is provided in a cardiac event,  
the better the chance of survival.

Friends, family, co-workers, and bystanders are more likely to witness the onset of a sudden cardiac event. Ordinary citizens trained in CPR and AED can initiate care and alert the EMS system. Publicly located AEDs further increase the rate of survival.

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### It's simple.

**Being a HEARTSafe Community can save lives.** If someone in your community suffers a sudden cardiac arrest tomorrow, how likely is he or she to survive due to rapid access to life-saving treatment? How many ordinary citizens in your community can recognize the signs and symptoms of a sudden cardiac event and know how to render care and get help “on the way, right away?”

Who knows cardiopulmonary resuscitation (CPR) in your 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? The answers to these questions could determine whether or not your community qualifies as a **Connecticut HEARTSafe Community.**

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Connecticut Department of Public Health – Heart Disease & Stroke Prevention Program  
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## why become a HEARTSafe community and workplace?

Cardiovascular disease is the leading cause of death in the nation and Connecticut. Approximately 4,500 Connecticut residents die each year due to sudden cardiac arrest. Most of these deaths occur out of the hospital, away from advanced medical assistance and usually happen in the presence of a friend, family member or co-worker. Would you know what to do if it happened to someone in front of you?

## anyone can be a HEARTSafe Champion

Every town and workplace needs a Champion to start the HEARTSafe designation process. Anyone can be a HEARTSafe Champion. In Connecticut, they have included Eagle Scouts, parish nurses, cardiac arrest survivors and others from every walk of life. They all shared a determination to improve the chances of a person surviving from a cardiac event. They pulled together the people and resources to make the designation happen.

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For more information about the HEARTSafe Community and Workplace Programs, go to [www.ct.gov/dph](http://www.ct.gov/dph) or call 860-509-7581.

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### HEARTSafe **COMMUNITY** program requirements

Community is defined as one of the officially designated 169 municipalities in Connecticut. This application is available through the department website ([www.ct.gov/dph](http://www.ct.gov/dph)) or by calling the Heart Disease and Stroke Prevention Program at 860-509-7581. Communities receiving recognition will be entitled to ten road signs (18" x 24") promoting their community as a HEARTSafe Community, a certificate and a press release. Stickers (4" x 4") are also available for public buildings with AEDs.

**This is a voluntary and community-driven program.** Designation is for three years. Most communities have the two important requirements for designation: ordinary citizens trained in CPR/AED and AEDs in public locations. They just need a Champion to gather the required documentation.

### HEARTSafe **WORKPLACE** program requirements

**HEARTSafe Workplaces can include businesses, educational institutions, non-profit agencies, government agencies, faith based organizations, and others. A HEARTSafe Workplace Promotes and Supports:**

- CPR/AED training and current certification of a minimum of 10% of total work staff, including regular employees, volunteers, contractors and student employees.
- Health promotion and education opportunities related to: recognizing the signs and symptoms of heart attacks and the need to call 9-1-1; controlling high cholesterol and high blood pressure; and reducing such heart disease risk factors as tobacco use, diabetes, physical inactivity, stress, and poor nutrition.
- Placement of Automated External Defibrillators (AEDs) in accessible area(s), with appropriate signage indicating locations and a documented maintenance schedule.
- A written Emergency Action Plan that includes policies for notification of Emergency Medical Services (EMS) System (9-1-1), methods of distribution and education of staff about the Plan, roles and responsibilities of staff for emergency response in the workplace, and any procedures for EMS response within the workplace.

## chain of survival



call 9-1-1



administer CPR



provide defibrillation



early advanced care