



# Saving Lives Across Australia

with

## Heart Safe Environment

Are You

Ready, Willing & Able to HELP?



Raising Awareness & Education  
About Saving Lives in Local Environments and  
Workplaces



## Sudden Cardiac Arrest (SCA) Knows NO Boundaries!

In Australia approximately 30,000 people sustain a Sudden Cardiac Arrest (SCA) outside of a hospital and are treated by emergency medical services (EMS) each year.

That's 575 Australians suffering a SCA every week and ONLY 1 out of 10 WILL SURVIVE!



### The Facts

- ♥ **An average of only 9% of its victims in Australia survive!**
- ♥ It can happen anytime, anywhere and to anyone, even young athletes.
- ♥ **Early defibrillation is the single most effective treatment for SCA.**
- ♥ Defibrillation within three minutes of collapse can increase the chance of survival to over 70%.



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## Three Steps to Save a Life



1. CALL 000



2. PUSH



3. SHOCK

# Save Lives with our Heart Safe Environment Program

## Are YOU READY, WILLING and ABLE to potentially SAVE a LIFE?

Our [Heart Safe Home Environment](#) from Heart Safe Australia is to raise awareness and education of the vital function that defibrillators can perform in potentially saving lives across Australia.

Defibrillators are basically a "Doctor in a box" analysing the patient's condition and providing guidance for CPR and importantly shocking the patient to restart the heart if required.

Whether you are familiar with the 3-Steps to save a life and already have a defibrillator or AED, [join our Heart Safe Environment](#) program initiative to make sure you and the people in your community are **ABLE**, **WILLING** and **READY** to help in such potentially very stressful life and death situation.

## Heart Safe Environment Checklist to Potentially Save Lives

### Audit/Check list to become a Heart Safe Environment:

- ♥ There is a Defibrillator with the appropriate signage (AED)
- ♥ The Defibrillator is in a high traffic area where it is highly visible.
- ♥ There is a Defibrillator located within 90 seconds brisk walk from anywhere.
- ♥ There is an Automated External Defibrillator (AED) Policy & Procedure made aware and available to all available.
- ♥ There is adequate CPR signage highly visible.
- ♥ CPR awareness training provided to management and staff

[TAKE ACTION - Make your area a Heart Safe Environment](#)

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Contact [Heart Safe Australia](#) to discuss any questions about a Heart Safe Environment:

