



Saving Lives Across Australia

with

Heart Safe Home

Are You

Ready, Willing & Able to HELP?



Raising Awareness and Education
About Saving Lives
in Your Home



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!

Also, 80% of out-of-hospital cardiac arrests happen in our homes!



The Facts

- ♥ **An average of only 10% 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%.



Raising Awareness & Education
About Saving Lives at Home

Three Steps to Save a Life



1. CALL 000



2. PUSH



3. SHOCK

Save Lives in Your Home with our Heart Safe Home Program

Are YOU READY, WILLING and ABLE to potentially SAVE a LIFE in Your Own Home?

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

JOIN our [Heart Safe Home](#) program to be guided and supported to make sure you and the people around you are **READY, WILLING and ABLE** to potentially save a life in case of a Sudden Cardiac Arrest (SCA) outside a hospital. Whether you are familiar with the 3-Steps to save a life and already have a defibrillator or AED, join our Heart Safe Home programs to make sure you and the people in your home are **READY** for such potentially very stressful life and death situation.

Heart Safe Home Checklist to Potentially Save Lives in Homes

Audit/Check list to become a Heart Safe Home:

- ♥ There is a Defibrillator in the home with the appropriate signage
- ♥ 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 in your Home.
- ♥ There is an Automated External Defibrillator (AED) Policy & Procedure made aware and available to all residents.
- ♥ There is adequate CPR signage highly visible.
- ♥ All permanent resident adults (over 18) must have had CPR awareness training.

[Take Action, make your Home a Heart Safe Home](#)

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

