



Saving Lives Across Australia

with

Heart Safe Community

Are You

Ready, Willing & Able to HELP?



Raising Awareness and Education
About Saving Lives
in your Community



Sudden Cardiac Arrest (SCA) knows NO boundaries

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

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



The Facts

- ♥ On average, only 10% of SCA victims in Australia survive
- ♥ It can happen **anytime, anywhere and to anyone...** even fit 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 in your community with our Heart Safe Community Program

Are YOU READY, WILLING and ABLE to potentially SAVE a LIFE in your own Community?

Our [Heart Safe Home Community Program](#) initiative was created to raise **awareness** and **education** about the very important **3-STEPS** to potentially save a life during a **Sudden Cardiac Arrest (SCA)** and about the vital function that defibrillators (AED) can perform in potentially saving lives in communities 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 re-start 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 Community program initiative](#) to make sure you and the people in your community are **READY, WILLING** and **ABLE** to help in potentially very stressful life and death situations.

Heart Safe Community Checklist to potentially Save Lives in Communities

Audit/Check List to become a Heart Safe Community

- ♥ There is a Defibrillator in the Community environment with appropriate signage
- ♥ The Defibrillator is in a high traffic area and is highly visible
- ♥ There is a Defibrillator located within a 90 second brisk walk from anywhere within your Community.
- ♥ There is an Automated External Defibrillator (AED) Policy & Procedure available to responsible staff and they are aware of it.
- ♥ There is adequate and highly visible CPR signage
- ♥ All main staff must have CPR awareness training

Take Action - make your Community a Heart Safe Community

Contact [Heart Safe Australia](#) to discuss any questions about living in a Heart Safe Community

