



Saving Lives Across Australia

with

Heart Safe School®

Are Your

Students Ready, Willing & Able to HELP?



Raising Awareness and Education
About Saving Lives
in Schools



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

- ♥ On average, only 10% of SCA victims in Australia survive!
- ♥ It can happen anytime, anywhere and to anyone... even fit 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
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in Your School

Three Steps to Save a Life



1. CALL 000



2. PUSH



3. SHOCK

Save Lives with our Heart Safe School Program

Are your student **READY, WILLING** and **ABLE** to help **SAVE** a **LIFE**?



Our **Heart Safe School® Lifesaving Program** initiative was created to raise **awareness and education to students** about the very important **3-STEPS** to help save a life during a Sudden Cardiac Arrest (SCA) out-of-hospital and about the vital function that defibrillators can perform in potentially saving lives in Schools 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.

It's important to educate the students at schools as they might be the ones to help save a life not only at school but at home and in the community after school. Such lifesaving skills should be part of the Curriculum and provided yearly to students if not already.

JOIN our [Heart Safe School®](#) program to be guided and supported to make sure the students at your school are **READY, WILLING** and **ABLE** to help save a life in case of a Sudden Cardiac Arrest (SCA) out-of-hospital.

Heart Safe School® Checklist to Help Save Lives in Your School

Audit/Check list to become a Heart Safe School®:

- ♥ There is a defibrillator at the school with the appropriate AED signage.
- ♥ The defibrillator is in a high traffic area where it is highly visible and accessible.
- ♥ There is a defibrillator located within 90 seconds brisk walk from anywhere in your school.
- ♥ There is adequate D.R.S.A.B.C.D Lifesaving Steps and CPR signage available and highly visible.
- ♥ CPR and defibrillator awareness training provided to students and staff.

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

Contact [Heart Safe Australia](#) to discuss any questions about a Heart Safe School®



[Heart Safe School®](#)

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