

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.

how to apply

1. Review the criteria.
2. Complete enclosed application.
3. Mail the application to:
Department of Public Health, attn: Gary St. Amand
410 Capitol Avenue / MS #11 APV
P.O. Box 340308 / Hartford, CT 06134-0308

Email: gary.stamand@ct.gov / **Phone:** 860-509-7581

Application is also available at www.ct.gov/dph



Connecticut Department of Public Health
Heart Disease & Stroke Prevention Program
Jewel Muller, MD, MPH, MPA, *Commissioner* • www.ct.gov/dph
Community Distribution Center c/o CCfH
3580 Main Street, Building 11, Suite 115,
Hartford, CT 06120-1121 • Tel. 860-251-6620
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Become a HEARTSafe Workplace and save lives



HEARTSafe is needed.

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

The Connecticut Department of Public Health, through its Heart Disease and Stroke Prevention Program, the Occupational Health Program, the Office of Emergency Medical Services (OEMS), and in collaboration with the American Heart Association, aim to help workplaces in Connecticut improve the chances that anyone suffering a sudden cardiac arrest will have the best possible chance for survival.

making your workplace HEARTSafe

How many people at your workplace recognize the symptoms of cardiac arrest and know how to get help “on the way, right away?” Who knows cardiopulmonary resuscitation (CPR)? Where are automated external defibrillators (AEDs) located and who is trained to use them? The answers to these questions could determine whether or not your workplace qualifies as a **Connecticut HEARTSafe Workplace**.

why become a HEARTSafe 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. Would you know what to do if it happened to a coworker? The HEARTSafe Workplace Program focuses on strengthening each link in the cardiac “Chain of Survival” so that bystanders can take action and help save a life at their workplace.

who can qualify as a HEARTSafe Workplace?

HEARTSafe Workplaces can include businesses, educational institutions, non-profit agencies, government agencies, faith based organizations, and others.

HEARTSafe Workplace program requirements

- 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.

HEARTSAFE

chain of survival



call 9-1-1



administer CPR



provide defibrillation



early advanced care