



How to Become a Heart Safe Site

Sudden Cardiac Arrest (SCA) can happen to anyone of any age at any time without any warning. If it happened in your organization, are you prepared? Take the following steps to become designated "Heart Safe". To get started, scan the QR code and fill out the Project ADAM Interest Form.



Project ADAM
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Complete Heart Safe Checklist

After completing interest form, a Heart Safe School Checklist is emailed. Complete to assess Heart Safe Site readiness and implementation requirements.

Project ADAM Coordinator available to schedule checklist review and determine next steps, if needed, at any point in the process.

Cardiac Emergency Response Team (CERT)

Creating a response team takes some thought.

The response team should:

- Include at least 10% of staff
- Comprised of individuals located throughout site
- Work various hours site is open

CERT Resources provided.

Cardiac Emergency Response Plan (CERP)

Developing a Cardiac Emergency Response Plan (CERP) allows site staff to have clear awareness of process. It clarifies the who, what, when, where, why, and how of the process. CPR and AED training conducted, if not already in place.

CERP templates provided.

Sudden Cardiac Arrest Drill

A Sudden Cardiac Arrest (SCA) Drill ensures responders are ready when helping to save a life. It is recommended each site run a minimum of one drill annually. Debrief after each drill to highlight proper response steps and areas of improvement. Project ADAM Coordinator available for drill consultation.

AED Drill Checklist & Debrief templates provided.

Designation & Maintenance

Complete Heart Safe Designation form when all steps completed and schedule a site designation celebration.

Maintain AED(s) per manufacturer recommendations. Annually review CERP, CERT, and conduct SCA Drill. Submit Heart Safe Checklist annually.

Media Release templates provided.