

HEARTsafe Communities. Helping each other save lives.



HEARTsafe is a community owned health programme that improves survival from cardiac arrest.

Come and hear how you can help your community improve survival from cardiac arrest.

Date: _____

Time: _____

Location: _____

Did you know...?

If a person has a cardiac arrest, their chances of survival reduce by 10% for every minute they remain untreated.

0800 2 HEARTSAFE
community@heartsafe.org.nz

ASB



What is a HEARTsafe Community?

HEARTsafe is a community owned health programme that increases the chances of survival when someone in your community experiences a cardiac arrest.

A HEARTsafe Community is a visible local community that understands the chain of survival and has local people trained and willing to take appropriate action until the ambulance service arrives.

HEARTsafe Community status is achieved by a local community that has identified the key issues around cardiac arrest in their community and taken action to prepare themselves to be ready to act.

This is achieved through a mix of training local people in the community in CPR so they are ready to act, having publically located automated external defibrillators (AEDs) which are accessible and maintained; and having a HEARTsafe Community sustainability plan.