

Friends, family, and bystanders are more likely to witness the onset of a cardiac event. Citizens trained in CPR and AED can initiate care and alert the EMS system. Publicly located AEDs further increase the rate of survival.

It's simple.

Being a HEARTSafe Community can save lives. If someone in your community suffers a sudden cardiac arrest tomorrow, how likely is he or she to survive due to rapid access to life-saving treatment? Now that all cities and towns in Connecticut have enhanced 9-1-1, how many residents and public safety officials in your community can recognize the symptoms of cardiac arrest and know how to get help “on the way, right away?” Who knows cardiopulmonary resuscitation (CPR) in your community and is prepared to administer it when necessary? Where are automated external defibrillators (AEDs) located, and who has been trained to use them appropriately? The answers to these questions could determine whether or not your community qualifies as a **Connecticut HEARTSafe Community.**



call 9-1-1



administer CPR



provide defibrillation



early advanced care

HEARTSafe is needed.

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

making your community HEARTSafe

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

why become a HEARTSafe community?

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 and usually happen in the presence of a family member or friend. Would you know what to do if it happened to one of your family or friends? The HEARTSafe Community Program focuses on strengthening each link in the cardiac "Chain of Survival." By taking action bystanders can help save a life in their community by starting the "Chain of Survival."

qualifying as a HEARTSafe community

The number of HEARTBEATS required to become a HEARTSafe Community depends on the size of your community. The larger the community, the greater the need, and, therefore, the greater the number of HEARTBEATS required. HEARTBEATS are allocated for a variety of activities to strengthen the cardiac "Chain of Survival." To become a HEARTSafe Community please review the following criteria; complete the enclosed application; and mail the application to the Department of Public Health.



Laurie Groh-Germain,
*cardiac arrest survivor
& HEARTSafe Champion*

Laurie's heart stopped one day in 2005. Fortunately, she received bystander CPR until the arrival of first responders equipped with an AED and then was transported by ambulance to the hospital. These vital links in the "Chain of Survival" saved her life. She later was part of the committee that worked to get her hometown of Thompson designated a HEARTSafe Community.

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

determining your community's status

Communities up to 5,000: If your community population is 5,000 or less, 70 HEARTBEATS* are required to become a designated HEARTSafe Community. A minimum of 30 HEARTBEATS is required for CPR or CPR/AED training and placement of AEDs in the community. These requirements include a minimum of 10 citizens currently trained in an accredited program and two AED sites in public locations.

Communities of 5,001 to 15,000: If your community population is between 5,001 and 15,000, 130 HEARTBEATS* are required to become a designated HEARTSafe Community. A minimum of 90 HEARTBEATS is required for CPR or CPR/AED training and placement of AEDs in the community. These requirements include a minimum of 30 citizens currently trained in an accredited program and six AED sites in public locations.

Communities of 15,001 to 30,000: If your community population is between 15,001 and 30,000, 190 HEARTBEATS* are required to become a designated HEARTSafe Community. A minimum of 150 HEARTBEATS is required for CPR or CPR/AED training and placement of AEDs in the community. These requirements include a minimum of 50 citizens currently trained in an accredited program and ten AED sites in public locations.

Communities of 30,001 to 50,000: If your community population is between 30,001 and 50,000, 220 HEARTBEATS* are required to become a designated HEARTSafe Community. A minimum of 180 HEARTBEATS is required for CPR or CPR/AED training and

placement of AEDs in the community. These requirements include a minimum of 60 citizens currently trained in an accredited program and twelve AED sites in public locations.

Communities of 50,001 to 100,000: If your community population is between 50,001 and 100,000, 265 HEARTBEATS* are required to become a designated HEARTSafe Community. A minimum of 225 HEARTBEATS is required for CPR or CPR/AED training and placement of AEDs in the community. These requirements include a minimum of 75 citizens currently trained in an accredited program and fifteen AED sites in public locations.

Communities of 100,001 to 150,000: If your community population is between 100,001 and 150,000, 310 HEARTBEATS* are required to become a designated HEARTSafe Community. A minimum of 270 HEARTBEATS is required for CPR or CPR/AED training and placement of AEDs in the community. These requirements include a minimum of 90 citizens currently trained in an accredited program and eighteen AED sites in public locations.

****This includes a minimum of 40 HEARTBEATS from the required criteria of designated first responders, AED equipped first responder vehicles, advanced life support personnel availability, and an ongoing process to evaluate and improve the “Chain of Survival” (see application).***

hearbeats requirements - “The Chain of Survival”

CPR, CPR/AED training: The minimum number of citizens trained in CPR or CPR/AED is based upon community population. The total number of citizens trained is used to accumulate HEARTBEATS.

Public Placement of AEDs: Permanent placements in public or private areas where many people are likely to congregate or be at higher risk such as shopping malls, supermarkets, theaters, health clubs, schools, libraries, town pools or beaches, town halls, sports complexes, convention sites, long-term care facilities, train and bus stations, and senior centers. Ten (10) HEARTBEATS are awarded for each location. The minimum AED HEARTBEATS total is dependent upon the community population.

Designated First Responders: Each community must have a designated first responder with AED equipped vehicles and currently certified CPR/AED trained personnel. Ten (10) HEARTBEATS.

Advanced Life Support: Advanced life support (ALS) personnel (EMT-Intermediates or EMT-Paramedics) will be dispatched to all ALS medical emergencies. Ten (10) HEARTBEATS.

Evaluation Process: The community must have an ongoing process to evaluate and improve the “Chain of Survival.” This involves describing the process by which the community will continue to recruit and train citizens in CPR and CPR/AED, monitor and maintain AEDs, and possibly expand the availability of training and AED locations. Ten (10) HEARTBEATS.

program highlights

The HEARTSafe Community program is intended to encourage all communities to strengthen every link in the cardiac “Chain of Survival” in their community. HEARTBEATS are earned for CPR training, AED availability, and pre-hospital advanced life support.

Communities must apply through the Department of Public Health, Heart Disease and Stroke Prevention Program, by filling out the appropriate HEARTBEAT Application enclosed. Community is defined as one of the officially designated 169 municipalities in Connecticut. This application is available through the department website (www.ct.gov/dph) or by calling the Heart Disease and Stroke Prevention Program at 860-509-7581.

Communities receiving recognition will be entitled to ten road signs (18” x 24”) promoting their community as a HEARTSafe Community, a certificate and a press release. Stickers (4” x 4”) are also available for public buildings with AEDs. This is a voluntary and community-driven program. Designation is for three years.

Most communities have citizens trained in CPR/AED and the required number AEDs in public locations. They just need a Champion to gather the required documentation.



The DPH would like to thank the various fire and emergency medical responders from Thompson, CT who participated in the development of this brochure.



Connecticut Department of Public Health — AIDS and Chronic Diseases Section
Heart Disease & Stroke Prevention Program
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