



## North Memorial Heart Safe Communities

*A partnership of North Memorial Health Care  
and Advanced First-Aid, Inc.*

### Your Heart Safe Community

*North Memorial is proud to have worked with many metro and regional primary ambulance service communities to help them become heart safe.*

*The goal of North Memorial Heart Safe Communities is to make the community a safer place to live, work and play by being prepared to reduce the number of SCA deaths by implementing public access defibrillators throughout the community.*

*Through North Memorial Heart Safe Communities program, communities can strengthen what the American Heart Association has called the “chain of survival” which has five basic links:*

- *Early Access-calling 911*
- *Early CPR encouraging widespread bystander CPR training to increase immediate action*
- *Early Defibrillation-AEDs in public locations and individuals trained to use them*
- *Early Advanced Care-the quick arrival of ALS Ambulance service to continue care*
- *Post-Cardiac Arrest Care*



### North Memorial

**Ambulance Service**  
4501 68th Ave N,  
Brooklyn Center, MN 55429  
(612) 325-3465  
northmemorial.com

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## North Memorial Heart Safe Communities



*Is your  
community  
Heart Safe?*

## Help us make your community Heart Safe

- Sudden Cardiac Arrest Awareness
- AED Placement
- CPR & AED Training



### North Memorial

## Sudden Cardiac Arrest

Without warning Sudden Cardiac Arrest (SCA) can happen anywhere, at anytime, to anyone. And it is almost always fatal. SCA affects 4,000 Minnesotan's annually.

For every 100 patients that arrive in the ER in cardiac arrest and have been treated with CPR:

- 95 die
- 2 to 3 survive a few days
- 1 to 2 have a chance of full recovery

These statistics are a tragic reality and you are in a unique position to help make a difference. Community education can significantly improve cardiac arrest survival. People in your community need to know how common cardiac arrest is and that there are rarely warning signs. Early recognition of the cardiac arrest (calling 911) as well as early CPR and defibrillation (AED use) can save lives. Waiting for 911 rescuers to defibrillate results in death 96% of the time. When a lay rescuer responds to the side of the SCA victim with an AED and delivers a shock within the first two minutes, the success rate is 85%. This is called Public Access Defibrillation.

That's why North Memorial launched *Heart Safe Communities* as an effort to prevent death from SCA by placing Automatic External Defibrillators (AEDs) where people live, work and play. The program helps communities and organizations:

- Educate citizens about SCA, CPR, AED & protection from Good Samaritan Laws
- Implement Public Access Defibrillation programs by placing AED's in all businesses, schools and other public places where people assemble
- Train people how to use the AED, CPR (mainly chest compressions) to save more lives

## North Memorial Heart Safe Communities Includes

- Lifepak AED (Medtronic Physio-Control brand, used by North Memorial Ambulance)
- Wall Mount Cabinet or Wall Bracket
- AED Wall sign for quick easy AED identification
- AED kit-mask, scissors, gloves, etc.
- CPR/AED Training
- Package pricing varies but we've arranged special *North Memorial Heart Safe Communities* pricing

### Lifepak AED options:



CR Plus Fully Auto



Express Semi Auto



Lifepak 1000



*North Memorial Heart Safe Communities* has secured discounted AED pricing from local Medtronic Physio-Control distributor, Advanced First-Aid, Inc. There are a few options for CPR/AED training available from North Memorial EMS Education and/or by the AED vendor. For more information on making your community Heart Safe, contact North Memorial Ambulance paramedic, Paul Mendoza, at 612.325.3465 or by email [paul@afaed.com](mailto:paul@afaed.com) or [paul.mendoza@northmemorial.com](mailto:paul.mendoza@northmemorial.com)

## CPR and AED Training

Through North Memorial we are able to offer many options in CPR & AED training, including:

### AHA Heartsaver AED/CPR Certification

For organizations or businesses that would like a key group to have more extensive training in CPR and AED. This class takes about three hours and each participant will leave with a two year American Heart Association certification card.

### AED/CPR Inservice Training

This service trains larger groups where funding and time is limited. This class teaches how to recognize SCA, when to connect/how to operate the AED, and demonstrate chest compressions, all in about an hour. Hands-on skill practice will also be available.

The instructors are experienced paramedics and/or EMTs with significant SCA hands-on experience. This is not a certification class but does conform to the Good Samaritan Law. This service is provided by the AED vendor, Advanced First-Aid, Inc.

### CPR Anytime At Home

Kits are available for purchase that provide CPR training whenever and wherever you like ([www.CPRAnytime.com](http://www.CPRAnytime.com)).

