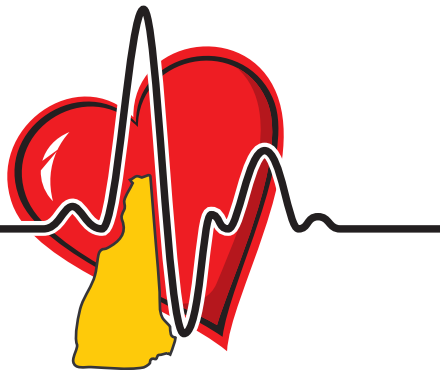


New Hampshire
HeartSafe



New Hampshire Department of Safety,
Division of Fire Standards and Training and Emergency Medical Services

and

New Hampshire Department of Health and Human Services,
Division of Public Health

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Do You Live in a HeartSafe Community?

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?

Ask yourself these questions:

- How many members 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 New Hampshire HeartSafe Community.



What is Sudden Cardiac Arrest?

Sudden cardiac arrest (SCA) is a condition in which the heartbeat stops abruptly and unexpectedly. This usually is caused by ventricular fibrillation (VF), an abnormality in the heart's electrical system. When this happens, blood stops flowing to the brain the heart and the rest of the body, and the person collapses. In fact, the victim is clinically dead and will remain so unless someone helps immediately. A quick combination of CPR and defibrillation can restore life. If bystander CPR is not provided, a sudden cardiac arrest victim's chances of survival fall 7 percent to 10 percent for every minute of delay until defibrillation.

DID YOU KNOW...

95% deaths from sudden cardiac arrest occur before a victim reaches the hospital and are often witnessed by a family, friends, or coworkers.

DID YOU KNOW...

that if family, friends, and co-workers learn and provide CPR and have quick access to an AED immediately after cardiac arrest, they can double a victim's chance of survival. (CPR) can mean the difference between life and death for a loved one.

DEATH FROM SUDDEN CARDIAC ARREST IS NOT INEVITABLE. IF MORE PEOPLE KNOW CPR, MORE LIVES CAN BE SAVED.

No one wants to be a helpless witness when a sudden cardiac arrest turns into a sudden cardiac death. By becoming a New Hampshire HeartSafe Community you give people the power to save lives.



How to Treat Cardiac Arrest

There are four critical steps that can improve the chances for survival from cardiac arrest. The American Heart Association calls these steps the “chain of survival”.

Early Access to Emergency Care

Bystanders recognize the signs and symptoms of cardiac arrest and call 9-1-1 immediately. EMS dispatchers are equipped with instructions for the caller and can get an Advanced Life Support response vehicle to the scene quickly.

Early CPR

CPR, when administered, buys precious minutes until an AED is available. Public knowledge and awareness must be increased so that those trained in CPR will actually use it when it is needed.

Early Defibrillation with AED

Defibrillation is the delivery of electric shock using an AED (Automated External Defibrillator) to restore the heart’s normal rhythm. Early defibrillation is considered to be the most critical link in the chain of survival. New AEDs are light-weight, inexpensive, and easy to use by anyone who has been trained.

Early Advanced Life Support

Advanced life support is delivered by an emergency medical service response vehicle staffed by EMT-paramedics and EMT-Intermediates. Medications and oxygen therapy delivered by paramedics and EMT-Intermediates can be critical to the survival of cardiac arrest victims.



By promoting **The New Hampshire HeartSafe Communities Program**, The New Hampshire Department of Safety, Bureau of Emergency Medical Services, The New Hampshire Department of Health and Human Services, and the American Heart Association have made it a priority to help New Hampshire cities and towns improve the chances that anyone suffering a sudden cardiac arrest will have the best possible chance for survival.

Why Your Community Should Become HeartSafe

To make a community HeartSafe, more people need to recognize the signs and symptoms of cardiac arrest, know when to call 911, be trained in CPR and the use of AEDs.

Designation as a New Hampshire HeartSafe Community represents a coordinated effort by emergency medical services, fire departments, police departments, as well as various town departments, schools, and businesses that are committed to saving lives. By becoming a New Hampshire HeartSafe Community, your town, city officials, and citizens will be recognized for taking the time, and making the effort to become an invaluable link in the chain of survival.

When your town becomes a New Hampshire HeartSafe Community, you will be awarded road signs to be placed at the gateways of your town and certificates to be displayed in your public buildings. You will also be offered press releases and other opportunities for media recognition.

How to Qualify as a New Hampshire HeartSafe Community

To become a New Hampshire HeartSafe Community, points are given to a community for each activity that furthers the goal of saving lives from cardiac arrest. These points are called **Heartbeats**. Activities that earn Heartbeats are CPR/AED classes held in your community, placement of AEDs in public places, promoting CPR/AED response by public safety officials, and developing a process to evaluate your HeartSafe program.

The number of Heartbeats required to become a New Hampshire HeartSafe Community depends on the size of community. The larger the community, the greater the need, and therefore the greater number of Heartbeats required.



Here are the Steps to Take to Become a HeartSafe Community

STEP 1: Review the HEARTBEATS requirements

1. **CPR/AED Training:** Conduct community CPR/AED training sessions. The minimum number of programs is based upon community population. 10 Heartbeats are awarded for each training program with a minimum of five participants.
2. **Placement of AEDs:** Permanent placement of AEDs in public or private areas where many people congregate or may be at higher risk such as shopping malls, supermarkets, theaters, health clubs, schools, libraries, town pools or beaches, town halls, convention sites, hotels, athletic arenas, long-term care facilities, train and bus stations, and senior centers. The AED Heartbeat total is dependent on the community population. 10 Heartbeats are awarded for each location. 10 additional Heartbeats for each AED placed in schools with a CPR/AED emergency response plan.
3. **Designated First Responders:** All EMS first response-designated vehicles* will be equipped with AEDs and currently CPR/AED trained personnel. 10 Heartbeats will be awarded.
4. **Advanced Life Support:** Available Advanced Life Support (ALS) personnel (EMT-Intermediates or EMT-Paramedics) will be dispatched to all suspected cardiac emergencies. 10 Heartbeats will be awarded.
5. **Evaluation Process:** The community must have an ongoing process to evaluate and improve the “Chain of Survival”. This involves describing the process by which a community will continue to recruit and train people for CPR/AED, monitor and maintain AEDs, possibly expand availability of training and AED locations, and ensure quality of original program by reviewing post-events.



STEP 2: Complete the HEARTBEAT Worksheet

All communities are required to complete the following criteria regardless of population:

- **Designated First Responders:** All EMS first response-designated vehicles* will be equipped with AEDs and currently CPR and AED trained personnel. **10 HEARTBEATS will be awarded.**
- **Advanced Life Support:** Available Advanced Life Support (ALS) personnel (EMT-Intermediates or EMT-Paramedics) will be dispatched to suspected cardiac emergencies. **10 HEARTBEATS will be awarded.**
- **Evaluation Process:** The community must have an ongoing process to evaluate and improve the “Chain of Survival”. This involves describing the process by which a community will continue to recruit and train people for CPR/AED, monitor and maintain AEDs, possibly expand availability of training and AED locations, ensure quality of original program by reviewing post-events and making improvements. **10 HEARTBEATS will be awarded.**

Upon the completion of STEP 2 your community will have earned
30 HEARTBEATS



STEP 3: How Many Total Heartbeats Do You Need?

Community (or Service Zone) Population Category: Please select the appropriate category that most closely conforms to your community's (or service zone's) actual total population. The population size will dictate the number of heartbeats required to be designated a HeartSafe Community.

Up to 2,500 Population:

Minimum of 130 Heartbeats required for designation

- 10 HEARTBEATS for each CPR/AED class of at least 5 people held in your community/service area. *5 classes required.*
- 10 HEARTBEATS for each distinct AED site with AED-trained personnel in public or private areas where many people are likely to congregate or be at higher risk for cardiac arrest.** *5 required*
- 10 HEARTBEATS for each AED in a school with AED-trained personnel and a written CPR/AED Emergency Response Plan.
- 30 HEARTBEATS from previous steps.

$$50 + 50 + 30 = 130$$

2,501 to 5,000 Population:

Minimum of 180 Heartbeats required for designation.

- 10 HEARTBEATS for each CPR/AED class of at least 5 people held in your community/service area. *10 classes required.*
- 10 HEARTBEATS for each distinct AED site with AED-trained personnel in public or private areas where many people are likely to congregate or be at higher risk for cardiac arrest.** *5 required.*
- 10 HEARTBEATS for each AED in a school with AED-trained personnel and a written CPR/AED Emergency Response Plan.
- 30 HEARTBEATS from previous steps.

$$100 + 50 + 30 = 180$$

** Does not include EMS, fire or police vehicles.



5,001-10,000 Population:

Minimum of 260 Heartbeats required for designation.

- 10 HEARTBEATS for each CPR class of at least 5 people held in your community/service area. *15 required.*
- 10 HEARTBEATS for each distinct AED site with AED-trained personnel in public or private area where many people are likely to congregate or be at higher risk for cardiac arrest. *** 8 required.*
- 10 HEARTBEATS for each AED in a school with AED-trained personnel and a written CPR/AED Emergency Response Plan.
- 30 HEARTBEATS from previous steps.

$$150 + 80 + 30 = 260$$

10,001 - 20,000 Population:

Minimum of 280 Heartbeats required for designation.

- 10 HEARTBEATS for each CPR/AED class of at least 5 people held in your community/service area. *15 required.*
- 10 HEARTBEATS for each distinct AED site with AED-trained personnel in public or private areas where many people are likely to congregate or be at higher risk for cardiac arrest. *** 10 required.*
- 10 HEARTBEATS for each AED in a school with AED-trained personnel and a written
- 30 HEARTBEATS from previous steps.

$$150 + 100 + 30 = 280$$

*** Does not include EMS, fire or police vehicles.*



20,001 - 50,000 Population:

Minimum of 330 Heartbeats required for designation.

- 10 HEARTBEATS for each CPR/AED class of at least 5 people held in your community/service area. *20 required.*
- 10 HEARTBEATS for each distinct AED site with AED-trained personnel in public or private areas where many people are likely to congregate or be at higher risk for cardiac arrest.** *10 required.*
- 10 HEARTBEATS for each AED in a school with AED-trained personnel and a written CPR/AED Emergency Response Plan.
- 30 HEARTBEATS from previous steps.

$$200 + 100 + 30 = 330$$

50,001 or more Population:

Minimum of 330 Heartbeats required for designation.

- 10 HEARTBEATS for each CPR/AED class of at least 5 people held in your community/service area. *20 required.*
- 10 HEARTBEATS for each distinct AED site with AED-trained personnel in public or private areas where many people are likely to congregate or be at higher risk for cardiac arrest.** *10 required.*
- 10 HEARTBEATS for each AED in a school with AED-trained personnel and a written CPR/AED Emergency Response Plan.
- 30 HEARTBEATS from previous steps.

$$200 + 100 + 30 = 330$$

** Does not include EMS, fire or police vehicles.



STEP 4: HEARTBEATS Worksheet

Calculate Your Community's HEARTBEATS:

Your Community Population _____

Community Population	Minimum Heartbeats Needed
Up to 2,500	140
2,501-5,000	180
5,001-10,000	260
10,001-20,000	280
20,001-50,000	330
50,001 or more	330

Community Population	Minimum CPR/AED Training Programs	Actual	x 10	= Total Heartbeats
Up to 2,500	5		x 10	
2,501-5,000	10		x 10	
5,001-10,000	15		x 10	
10,001-20,000	15		x 10	
20,001-50,000	20		x 10	
50,001 or more	20		x 10	



Community Population	Minimum AED Placements	Actual	x 10	= Total Heartbeats
Up to 2,500	5		x 10	
2,501-5,000	5		x 10	
5,001-10,000	8		x 10	
10,001-20,000	10		x 10	
20,001-50,000	10		x 10	
50,001 or more	10		x 10	

Please List Locations of AEDs _____

Number of AEDs Placed in Schools	x 10	= Total Heartbeats
	x 10	

Please list schools and attach written CPR/AED emergency response plan _____



All Applicants Must Meet the Following Criteria Regardless of Population

- All designated EMS First-Response vehicles are equipped with AEDs and currently certified CPR/AED personnel.
x 10
- Advanced Life Support personnel (EMT-Intermediates or paramedics) will be dispatched to suspected cardiac emergencies.
x 10
- Community has an ongoing process to evaluate and improve the “Chain of Survival” in our community.
x 10

Total HEARTBEATS Earned _____

Please use this space to describe your community’s plan for evaluating and improving your “Chain of Survival”. Refer to Step 2 under evaluation process.



STEP 5: Application

1. Review Criteria and add up your Heartbeats.
2. Complete enclosed application form.
3. Include Heartbeats worksheet showing your total Heartbeats earned.
4. Mail or fax application to address listed at the bottom of application form.



APPLICATION FORM

Name/Address of municipality seeking designation:

Community

Address, Zip

Municipal Chief Elected Officer (or designee):

Name

Job Title

Business Address

Business Phone

Contact Person:

Name/Title

Phone Number

E-mail Address

Who provides your Emergency Medical Services?

Organization/Agency _____ *Contact person(s)* _____

Address _____

Phone _____ *Email* _____

Organization/Agency _____ *Contact person(s)* _____

Address _____

Phone _____ *Email* _____



Who provides your Advanced Life Support (ALS)?

Organization/Agency _____ Contact person(s) _____

Address _____

Phone _____ Email _____

Organization/Agency _____ Contact person(s) _____

Address _____

Phone _____ Email _____

- Your community has a system to dispatch ALS Providers (EMT-I or EMT-P) to suspected cardiac emergencies: YES NO
- Indicate your community's population and the total number of HEARTBEATS earned for certification. (Attach worksheet.)

Community Population: _____

Total Heartbeats Earned: _____

I attest that all information contained in this application is correct.
Supporting documentation on AED placement and training is on file
for Bureau of EMS review.

Municipal Chief Elected Officer or Designee:

Signature

Name (Print)

Title



Please mail this application and worksheets to The New Hampshire Department of Safety, Bureau of EMS at the address listed below. Be sure and call if you have any questions or would like assistance with the application.

State of New Hampshire
Division of Fire Standards & Training
and Emergency Medical Services
Bureau of Emergency Medical Services
Bill Wood, Preparedness Coordinator
33 Hazen Drive
Concord, NH 03305

Contact: Bill Wood, Preparedness Coordinator:

Email: william.wood@dos.nh.gov

Tel: (603) 223-4228

Toll-Free within NH: (888) 827-5367 x31019

Fax: (603) 271-4567



Additional Resources

TITLE XII: PUBLIC SAFETY AND WELFARE
CHAPTER 153-A: EMERGENCY MEDICAL AND TRAUMA
SERVICES

Automated External Defibrillator

Section 153-A:31

153-A:31 Liability Limited. Any person who, in good faith and without compensation, renders emergency care by the use of an automated external defibrillator shall not be liable for civil damages for any acts or omissions unless the acts or omissions were grossly negligent or willful and wanton. Any person, association, corporation or other organization that acquires and maintains an automated external defibrillator for emergency care shall not be liable for civil damages other than for gross negligence or willful and wanton acts or omissions. This section shall not limit civil liability protection provided by any other law.

Source. 2000, 302:4, eff. June 21, 2000. 2002, 156:5, eff. July 14, 2002.



Questions & Answers about AEDs and Defibrillation

- **What does AED Stand for?**
AED stands for automated external defibrillator
- **What is an AED?**
An AED is a device used to administer an electric shock through the chest wall to the heart. Built-in computers assess the victim's heart rhythm to judge whether defibrillation is needed, and then deliver a shock that may restore the victim's pulse.
- **Who can use an AED?**
Most AEDs are designed to be used by non-medical personnel who have been properly trained.
- **Is an AED safe to use?**
Yes. An AED is safe to use by anyone who has been trained in its operation. AEDs are designed with multiple safeguards and warnings before any energy is released. However, there are potential dangers associated with AED use, which is why proper training and maintenance are essential.
- **Can anyone buy an AED?**
Yes, however AEDs are manufactured and sold under guidelines approved by the FDA. Most, but not all AEDs require a physician's prescription to purchase one.
- **How much does an AED cost?**
There is a range of AEDs on the market. The average cost of a public access AED is between \$1,300 and \$2,000.
- **Costs of CPR/AED Training**
Depending on the resources in your community, CPR/AED training can be free or it can cost as much as \$30 per person. Local fire departments and emergency medical services, and some hospitals may offer classes to the community free of charge. However, CPR/AED training may cost as much as \$30 per person.



Some Information to Help You Get Started

Use your local resources

Most local EMS services have CPR instructors. They can often supply CPR/AED training, and a place for training. Your local EMS system can also help you with emergency response plans for schools or other municipal buildings. Since your local EMS system uses AEDs, they may be able to help you decide on a manufacturer, where to place AEDs in the community, and how to maintain them.

Local Police

Your Local Police Department is critical to the success of a HeartSafe Community. All Police officers should be trained in CPR and AED use. All police vehicles should have an AED. In many communities police are the first to arrive on the scene of a medical emergency. In rural areas, and communities that rely on volunteer EMS services, the police may be the best hope for early defibrillation.

Local Hospitals

Some hospitals have CPR/AED training available. They may also offer instructor training classes to allow you to increase the amount of instructors available in your community. Hospitals may be interested in contributing some funding or offer expertise to help your effort.

Local Organizations

Reach out to local civic organizations and local businesses to help with fundraising. Some organizations that may be in your community are Lions Club, Rotary Club, Realtors organizations, etc.

Current established HeartSafe Communities have been extremely successful in gaining funding from local businesses and organizations.



Resources For Schools

There are many programs and examples of HeartSafe Schools throughout the country. These programs are specifically geared to reducing deaths from cardiac arrest in schools. You will find these programs helpful for starting a CPR/AED program in your school. They offer sample emergency response plans and some may offer funding.

Here are some of these programs:

- **The Louis J. Acompora Memorial Foundation**
P.O. Box 767
Northport, NY 11768
kacompora@la12.org
- **Project S.A.V.E**
alison.ellison@choa.org
404-785-7201
- **Project ADAM**
(414) 266-3889
projectadam@chw.org.



BUREAU OF EMS USE ONLY

- Recommended
- Not Recommended (Explanation Attached)

Regional Recommendation:

Name/Title (Print)

Signature

Name/Title (Print)

Signature

Award Presented:

Date

Place