Heart Safe Advisory Committee

Minnesota Department of Health

American Heart Association - Minnesota

MN Resuscitation Consortium

The Heart Safe Advisory Committee is composed of individuals from across the state, who represent public safety agencies, health care systems, community programs, educational institutions, and other non-profit groups. The Advisory Committee meets quarterly and is responsible for revisions and updates to the Heart Safe Designation applications; providing liaising to communities pursuing designation; and decisions regarding new designation programs. The committee reviews and approves applications as they are received to ensure that communities receive a timely reply.

The committee does not endorse or support any particular product or program. Vendors are welcome to support their local community in becoming Heart Safe.
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What are Heart Safe Communities?

If someone in your community suffers a sudden cardiac arrest (SCA) tomorrow, how likely is he or she to survive due to rapid access to life-saving treatment?

How many residents and public safety officials in your community can recognize the symptoms of cardiac arrest and know how to help “on the way, right away?”

Do your community’s schools and public buildings have effective emergency response plans?

The answers to these questions could determine whether or not your community qualifies as a Heart Safe Community.

The mission of the Heart Safe Community Designation is to help communities evaluate their community readiness for cardiac events. It includes evaluation, planning and development of new awareness, CPR & AED training and AED location identification. Heart Safe Communities, with the support of the Minnesota Department of Health, the American Heart Association- MN and the MN Resuscitation Consortium, aim to help communities improve the chances that anyone suffering a sudden cardiac arrest will have the best possible chance for survival. Through the Heart Safe Community program, a community can strengthen what the American Heart Association has called the “chain of survival,” which has five critical steps:

**EARLY ACCESS TO EMERGENCY CARE**
- Bystanders recognize the 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 properly administered, buys precious minutes until a defibrillator 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**
- Defibrillation is the delivery of electric shock 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, sturdy, and easy to use by anyone who has been trained.
- AEDs should be accessible and organizations should have defibrillation training programs that have medical oversight and are coordinated with EMS.

**EARLY ADVANCED CARE**
- Advanced care is delivered by an Advanced Life Support response vehicle staffed by paramedics.
- Medications and oxygen therapy delivered by paramedics can be critical to the survival of cardiac arrest victims.

**POST-CARDIAC ARREST CARE**
- SCA patients should be transported to hospitals that provide a comprehensive, structured, integrated, multidisciplinary system of post-cardiac arrest care. Who knows CPR in your community and is prepared to administer it when necessary?
- Treatment should include cardiopulmonary and neurologic support including therapeutic hypothermia and percutaneous coronary interventions.
Frequently Asked Questions

❤️ Who can apply to be a designated Heart Safe Community?

Any municipality, county or organization is eligible to apply for the Heart Safe designation. Applicants can be determined by geographic locations or organization size. Geographic locations are cities, townships or counties. Organizational applicants are determined by campus size and average daily population.

❤️ Is there an application fee?

While there is no application fee, there are often costs associated with meeting the criteria to become a Heart Safe Community. Cost will vary depending on the Community’s size and needs (i.e. CPR training and equipment or AED placement). A proper assessment of your Community will determine the needs.

❤️ Why should my community be a designated Heart Safe Community?

By earning ‘heartbeats’ toward the designation, your team can strengthen your community in places that people live, work, and play. This can reduce the number of deaths and disabilities associated with Sudden Cardiac Arrest in your community.

❤️ When are Heart Safe Community applications due?

Applications can be submitted to Heart Safe Communities Advisory Committee at any time. Applications are reviewed and referred for designation on a quarterly basis.

❤️ Will an AED always resuscitate someone in Cardiac Arrest?

The AED will look at the electrical activity of the heart. If the electrical activity is “chaotic” and needs a “restart” the unit will charge and be ready to shock. If someone is in cardiac arrest and the AED does not indicate a shock is needed, CPR should be initiated immediately.

❤️ Is the AED safe to use?

Absolutely! An AED is safe to use by anyone. If you can turn it on, you can use it. They are designed with multiple safeguards and warnings. You can receive training by attending most CPR classes or specific unit training if there is an AED at a site you frequent.

❤️ Is there any protection for public bystanders that administer CPR/AED?

Minnesota Statute 604A.01 defines the two main subdivisions: the duty to act and general immunity from liability. The general immunity from liability covers the basic care rendered at an emergency scene and includes the use of an AED.

❤️ Can anyone buy an AED?

Yes. However, AEDs are manufactured and sold under guidelines approved by the FDA. Current FDA rules require a physician’s prescription to purchase most AEDs. The State of Minnesota requires that AEDs are registered with a maintenance program. There are free options for this available online. AED Bill - Minnesota Statutes 2015, section 403.51

https://www.revisor.mn.gov/statutes/?id=403.51
Resources

National Resources

American Heart Association........................................ heart.org
American Red Cross............................................. redcross.org
Anyone Can Save a Life........................................ anyonecansavealife.org
Be the Beat ......................................................... bethebeat.heart.org
Hands Only CPR................................................ handsonlycpr.org
Heart Rescue Project ............................................. heartrescuenow.com
Heart Rhythm Foundation ....................................... heartrhythmfoundation.org
National Center for Early Defibrillation .................... early-defib.org
Parent Heart Watch .............................................. parentheartwatch.org
Sudden Cardiac Arrest Association ......................... suddencardiacarrest.org
Sudden Cardiac Arrest Foundation .......................... sca-aware.org
Take Heart America .............................................. takeheartamerica.org/
CPR Around the World ......................................... cpraroundtheworld.org
National Heart Safe Community ............................ heartsafe-community.org
Pulse Point AED App ............................................. pulsepoint.org/pulsepoint-aed

Minnesota Resources

Allina Heart Safe.................................................. allinahealth.org/heartsafe
MN Resuscitation Consortium ................................. mrc.umn.edu
Minnesota AED Registry....................................... minnesota.nationalaedregistry.com
Minnesota SCA Survivor Network ........................ mnscasurvivor.org
North Memorial Heart Safe.................................... northmemorial.com/heartsafe

AED Resources

Cardiac Science..................................................... cardiacscience.com
Defibtech............................................................ defibtech.com
Philips................................................................. healthcare.philips.com
Physio-Control.................................................... physio-control.com
Heartsine............................................................. heartsine.com
Zoll..................................................................... zoll.com
Application Information
FOR HEART SAFE COMMUNITY DESIGNATION

Overview
The Minnesota Department of Health (MDH), the American Heart Association-Minnesota (AHA), and the MN Resuscitation Consortium (MRC) encourage and promote community awareness of the potential for saving the lives of sudden cardiac arrest victims through the use of CPR (cardiopulmonary resuscitation) and increased public access to defibrillation. The Heart Safe Community Designation project is a replicable model that seeks to strengthen the five links in the Chain of Survival, which has been documented to increase survival rates for cardiac arrest victims. Communities achieve the Heart Safe recognition by developing and implementing a community action plan that includes: providing CPR with Automated External Defibrillator (AED) training; helping community members recognize the warning signs and symptoms of heart attack & sudden cardiac arrest; and activating community members to call 911 and use CPR/ AED, as medically appropriate. Recognized Heart Safe Communities will place AEDs in strategic public locations where they are readily available to use in a cardiac emergency, and develop a community emergency response plan that furthers the goal of saving lives from cardiac arrest.

The application process for a Heart Safe Community Designation includes several steps. This process can take as little as a few months or in some cases, more than a year to accomplish everything. However, a key factor is not only applying and receiving the designation but the effort and plans that your community will put together for ongoing awareness and education about sudden cardiac arrest, CPR training and AED location identification. The following pages include a checklist for getting started, with suggestions for activities and tools that will make your program successful; charts for developing your program; and finally, the application. The application can be filled out as you are earning heartbeats or at the completion using your own records; however, it is recommended that you read the application completely before beginning so that you are aware of what you will need to document for the final application. For questions or technical assistance contact: Minnesota Heart Safe Communities Advisory Committee at 952-278-7910 or heart.safe@heart.org.

Acknowledgements
This version was adapted by the Heart Safe Advisory Committee. The original document was prepared by Allina Health - Heart Safe Communities. We would like to acknowledge the following contributors and extend to them our sincere thanks: HeartSafe Kansas, Contra Costa County Heart Safe, Butler County HEARTSafe, Physio-Control’s Heart Safe Communities guidelines, and the American Heart Association.

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Planning Checklist
Steps to Becoming a Heart Safe Community

STEP 1: Community Buy-In
Identify a Heart Safe Community Champion, lead organizations, key partners, and assess current community activities. The Champion will act as a catalyst to help community members articulate and achieve the requirements to become a designated Heart Safe Community. Tasks include: gathering a team, organizing and planning team meetings, and delegating tasks. The lead organizations and key partners will help the success of community buy-in. Finally, gauge where your community has already placed efforts and where additional work is needed. Many communities find that there are already programs in place that achieve some of the goals; be sure to identify ways that you can improve what has already been done.

<table>
<thead>
<tr>
<th>Activity/Resource</th>
<th>Contact</th>
<th>Contact Info</th>
<th>Project Role</th>
</tr>
</thead>
<tbody>
<tr>
<td>Identifies local project champion(s)</td>
<td></td>
<td></td>
<td>☑Leads effort ☑Assists ☑No role</td>
</tr>
<tr>
<td>Secure EMS involvement</td>
<td></td>
<td></td>
<td>☑Leads effort ☑Assists ☑No role</td>
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<tr>
<td>Secure FD involvement</td>
<td></td>
<td></td>
<td>☑Leads effort ☑Assists ☑No role</td>
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<tr>
<td>Secure clinic/hosp involvement</td>
<td></td>
<td></td>
<td>☑Leads effort ☑Assists ☑No role</td>
</tr>
<tr>
<td>Secure school/local clubs: kiwanis, rotary, elks</td>
<td></td>
<td></td>
<td>☑Leads effort ☑Assists ☑No role</td>
</tr>
<tr>
<td>Secure local government involvement</td>
<td></td>
<td></td>
<td>☑Leads effort ☑Assists ☑No role</td>
</tr>
<tr>
<td>Complete basic assessment of practices in your community</td>
<td></td>
<td></td>
<td>☑Leads effort ☑Assists ☑No role</td>
</tr>
</tbody>
</table>

STEP 2: Build Your Heart Safe Team
Your team includes local EMS, a community medical facility, a survivor or family member of a cardiac arrest survivor, local law enforcement, local fire department, faith-based groups, youth organizations, school members, and the business community. Many are included in step one. Consider the following additional team members:

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<tr>
<th>Activity/Resource</th>
<th>Contact</th>
<th>Contact Info</th>
<th>Project Role</th>
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<tbody>
<tr>
<td>Identify project coordinator</td>
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<td>☑Leads effort ☑Assists ☑No role</td>
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<tr>
<td>Select a program medical director</td>
<td></td>
<td></td>
<td>☑Leads effort ☑Assists ☑No role</td>
</tr>
<tr>
<td>Recruit a local media member</td>
<td></td>
<td></td>
<td>☑Leads effort ☑Assists ☑No role</td>
</tr>
<tr>
<td>Recruit local celebrities</td>
<td></td>
<td></td>
<td>☑Leads effort ☑Assists ☑No role</td>
</tr>
<tr>
<td>Recruit local survivors and family members</td>
<td></td>
<td></td>
<td>☑Leads effort ☑Assists ☑No role</td>
</tr>
<tr>
<td>Recruit local CPR instructors and AED sales groups</td>
<td></td>
<td></td>
<td>☑Leads effort ☑Assists ☑No role</td>
</tr>
</tbody>
</table>
**STEP 3: Identify Community and Fiscal Needs**

Define your community needs to achieve designation as a Heart Safe Community. Document criteria already in place in your community and identify where additional work is needed and research funding options or ways to meet those needs if required. Engage your Heart Safe team and community partners to help complete your goals. Use the worksheets to help guide you in determining the goals of your team. Determine fiscal needs and resources for the selected projects.

<table>
<thead>
<tr>
<th>Activity/Resource</th>
<th>Requests</th>
<th>Contact Agency</th>
<th>Funding Rec’</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prepare budget for projects</td>
<td>Lead Person:</td>
<td>Agency / Contact Info:</td>
<td></td>
</tr>
<tr>
<td>Funding from local health care</td>
<td>Funds rec’</td>
<td></td>
<td>Gamnolding Funding</td>
</tr>
<tr>
<td>Funding from local government</td>
<td>Funds rec’</td>
<td></td>
<td>Gamnolding Funding</td>
</tr>
<tr>
<td>Funding from private business/</td>
<td>Funds rec’</td>
<td></td>
<td>Gamnolding Funding</td>
</tr>
<tr>
<td>corporations</td>
<td>No Funds / Denied</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Potential fundraising</td>
<td>Funds rec’</td>
<td></td>
<td>Gamnolding Funding</td>
</tr>
<tr>
<td>Potential grants/foundations</td>
<td>Funds rec’</td>
<td></td>
<td>Gamnolding Funding</td>
</tr>
</tbody>
</table>

(Suggested activities: purchase training equipment; additional AED placement; create a calendar of community events; or develop training plan within area schools.)

<table>
<thead>
<tr>
<th>Activity/Resource</th>
<th>Action Needed</th>
<th>Contact / Info</th>
<th>Funding Needed</th>
<th>Date Completed</th>
</tr>
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<tbody>
<tr>
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STEP 4: Letter of Intent

Fill out the letter of intent and return that to American Heart Association – MN Office, 4701 West 77th Street, Edina, MN 55435; fax to 952.835.5828; or email to heart.safe@heart.org

By completing this letter you are notifying the Minnesota Heart Safe Committee of your intent. The committee can also be a resource as you are developing goals. This will earn your first 20 Heartbeats towards your designation (added under bonus heartbeats).

It is the intention of ______________________________ to obtain the Heart Safe designation.

We have chosen ______________________________ as the lead organization of our Heart Safe effort, earning our first 20 Heart Beats towards our Heart Safe recognition.

The champion/contact for our Heart Safe Community program will be:

Name:

________________________________________________________________________________________

Address:

________________________________________________________________________________________

Contact Number: Email:

________________________________________________________________________________________

Our goal to strengthen the Chain of Survival in our community includes:

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________
STEP 5: Implementation
Implementation can progress in a variety of ways. Each community will determine the best possible plan for accomplishing their goals. Use the application as a tool to determine areas that can be improved upon. Even if you are able to meet the heartbeat criteria, consider improvements that will benefit your community. Often just the process of completing the application and well developed publicity plan can create awareness in your community.

<table>
<thead>
<tr>
<th>Activity/Resource</th>
<th>Lead/Info</th>
<th>Location/Details</th>
<th>Project Role</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hold a kick off event and launch announcement</td>
<td></td>
<td></td>
<td>media partner participation community participation</td>
</tr>
<tr>
<td>Develop/conduct community presentations on the program</td>
<td></td>
<td></td>
<td>media partner participation community participation</td>
</tr>
<tr>
<td>Produce collateral (print, radio, flyers, etc) to promote program</td>
<td></td>
<td></td>
<td>media partner participation community participation</td>
</tr>
<tr>
<td>Develop the program - Name, Website, Contact, Number</td>
<td></td>
<td></td>
<td>media partner participation community participation</td>
</tr>
<tr>
<td>Generate news coverage of events</td>
<td></td>
<td></td>
<td>media partner participation community participation</td>
</tr>
<tr>
<td>Develop co-branded materials with partners for community distribution</td>
<td></td>
<td></td>
<td>media partner participation community participation</td>
</tr>
<tr>
<td>Organize mass and/or community CPR/AED trainings</td>
<td></td>
<td></td>
<td>media partner participation community participation</td>
</tr>
<tr>
<td>Participate in community events - parades, carnivals, and fairs</td>
<td></td>
<td></td>
<td>media partner participation community participation</td>
</tr>
<tr>
<td>Develop/organization 911/CPR/AED awareness programs</td>
<td></td>
<td></td>
<td>media partner participation community participation</td>
</tr>
<tr>
<td>Record numbers trained in CPR and AED</td>
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<td></td>
<td>media partner participation community participation</td>
</tr>
<tr>
<td>Locate AEDs in your community, help owners register their AEDs</td>
<td></td>
<td></td>
<td>media partner participation community participation</td>
</tr>
<tr>
<td>Document and publicize successes</td>
<td></td>
<td></td>
<td>media partner participation community participation</td>
</tr>
<tr>
<td>Ongoing evaluation of outcomes</td>
<td></td>
<td></td>
<td>media partner participation community participation</td>
</tr>
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</table>

STEP 5: Submit Application
Using your completed worksheets, complete the Formal Application and submit it to:

**Mail:** American Heart Association- MN
4701 West 77th Street
Edina, MN 55435

**Phone:** 952.278.7910

**Fax:** 952.835.5828

**E-mail:** heart.safe@heart.org
STEP 6: Gain Recognition

Gain recognition as a Heart Safe Community. Determine how to distribute / place community incentives and recognition signage.

Communities can use their newly gained Heart Safe Community recognition as an opportunity to celebrate by having the Mayor sign a Proclamation, promoting a Heart Healthy community celebration, and inviting local media to cover the events.

<table>
<thead>
<tr>
<th>Activity/Resource</th>
<th>Lead/Info</th>
<th>Location/Details</th>
<th>Project Role</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plan award ceremony - city council meeting, public event or other</td>
<td></td>
<td></td>
<td>media partner participation community participation</td>
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<tr>
<td>Develop and share media releases regarding award ceremony</td>
<td></td>
<td></td>
<td>media partner participation community participation</td>
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<tr>
<td>Consider additional publicity of success - city website, notices, etc</td>
<td></td>
<td></td>
<td>media partner participation community participation</td>
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<tr>
<td>Display signs - consider events and media for each posting</td>
<td></td>
<td></td>
<td>media partner participation community participation</td>
</tr>
<tr>
<td>Determine continued work of the team</td>
<td></td>
<td></td>
<td>Leads effort Assists No role</td>
</tr>
<tr>
<td>Determine group that will continue ongoing strategies</td>
<td></td>
<td></td>
<td>Leads effort Assists No role</td>
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Heart Safe Requirements

What is a ‘Heartbeat’?
Heartbeats are basically points. Every activity and step that your team identifies or plans will have a point value. Points can vary for each part of the application. It is recommended that you calculate points based on what you know about your community in the planning stages to gauge next steps and how many you will need to acquire the designation.

Communities < 5,000
If your community population is 5,000 or less, 350 Heartbeats are required to become a designated Heart Safe Community. A minimum of 80 Heartbeats is required for CPR or CPR/AED training and identification of AEDs in the community. These requirements include a minimum of 4 new training events and 6 AED sites in public locations. In addition to the requirements that you identify a lead organization & champion and create a sustainability plan.

Communities of 5,001 - 15,000
If your community population is between 5,001 and 15,000, 450 Heartbeats are required to become a designated Heart Safe Community. A minimum of 120 Heartbeats is required for CPR or CPR/AED training and identification of AEDs in the community. These requirements include a minimum of 6 new training events and 12 AED sites in public locations. In addition to the requirements, you identify a lead organization & champion and create a sustainability plan.

Communities of 15,001 - 30,000
If your community population is between 15,001 and 30,000, 600 Heartbeats are required to become a designated Heart Safe Community. A minimum of 260 Heartbeats is required for CPR or CPR/AED training and identification of AEDs in the community. These requirements include a minimum of 10 new training events and 24 AED sites in public locations. In addition to the requirement that you identify a lead organization & champion and create a sustainability plan.

Communities of 30,001 - 50,000
If your community population is between 30,001 and 50,000, 800 Heartbeats are required to become a designated Heart Safe Community. A minimum of 300 Heartbeats is required for CPR or CPR/AED training and identification of AEDs in the community. These requirements include a minimum of 14 new training events and 48 AED sites in public locations. In addition to the requirements that you identify a lead organization & champion and create a sustainability plan.
Communities of 50,001 - 150,000
If your community population is between 50,001 and 150,000, 1000 Heartbeats are required to become a designated Heart Safe Community. A minimum of 320 Heartbeats is required for CPR or CPR/AED training and identification of AEDs in the community. These requirements include a minimum of 15 new training events and 100 AED sites in public locations. In addition to the requirements that you identify a lead organization & champion and create a sustainability plan.

Communities > 150,001
If your community population is above 150,001, 1500 Heartbeats are required to become a designated Heart Safe Community. A minimum of 360 Heartbeats is required for CPR or CPR/AED training and identification of AEDs in the community. These requirements include a minimum of 20 new training events and 150 AED sites in public locations. In addition to the requirements that you identify a lead organization & champion and create a sustainability plan.

To make the community a SAFER place to live, work and play by being prepared to reduce the number of deaths and disabilities associated with Sudden Cardiac Arrest......

because it takes a village to save a life!
1. **EARLY ACCESS**
   • Provide education on warning signs: Know the warning signs of heart attack, sudden cardiac arrest, or stroke.
   • Provide education on importance of calling 911 – Take Action
   • Provide information on prevention and heart health
   • Provide materials on Emergency Procedures – Call 911, CPR, Prevention

**Heartbeats - Heart Health and Emergency Awareness:**
• 10 Heartbeats are awarded for each public event held with a minimum of 25 participants
• Bonus: 10 Heartbeats for the local agency responsible for dispatching police, fire, and/or EMS has trained in dispatch assisted CPR and evaluates all cardiac arrest calls.
• Bonus: 10 Heartbeats for assuring that schools and municipal buildings have effective emergency response plans (ERP) that may include CPR and AEDs.

<table>
<thead>
<tr>
<th>Event Date</th>
<th>Event Title/Topic</th>
<th># of Participants</th>
<th>Heartbeats</th>
</tr>
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<tbody>
<tr>
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</table>

**TOTAL- Events**

**BONUS- Dispatch Assisted CPR (10)**

**BONUS- School & Municipal Buildings (10)**

**TOTAL EARLY ACCESS HEARTBEATS**

2. **EARLY CPR**
   • Conduct approved CPR and AED training sessions in community group settings. These trainings do not have to fulfill requirements to meet CPR certification as the goal is emergency bystander education and activation.
   • Identify CPR/AED training offered to existing community agencies or businesses requiring credentials or certification.

**Heartbeats - CPR / AED Training:**
• Points are awarded based on percentage of population trained. Courses can be for certification or awareness; all courses must include a hands-on component of CPR and AED use. You are responsible for documentation of your events and courses. Only final numbers need to be recorded on the application. Courses should be completed within two calendar years from date of application.
• List the number training and your community population on the appropriate line and calculate points in the boxes below.
• Bonus: 10 heartbeats for registering all CPR training through American Heart Association, American Red Cross or MN Resuscitation Consortium CPR Registry (link found at www.mrc.umn.edu).
• Bonus: 10 heartbeats for connecting with all schools in your community about the CPR in schools bill and the Anyone Can Save a Life program for Athletic Directors.

### Percentage of Population Trained

<table>
<thead>
<tr>
<th>Percentage of Population Trained</th>
<th># Trained / Community Population</th>
<th>Heartbeats</th>
</tr>
</thead>
<tbody>
<tr>
<td>5% (optional)</td>
<td></td>
<td>50</td>
</tr>
<tr>
<td>10% (recommended)</td>
<td></td>
<td>200</td>
</tr>
<tr>
<td>15% (optional)</td>
<td></td>
<td>300</td>
</tr>
<tr>
<td>20% (optional)</td>
<td></td>
<td>400</td>
</tr>
<tr>
<td>Each additional 5%</td>
<td></td>
<td>+100</td>
</tr>
</tbody>
</table>

TOTAL- Heartbeats based on % trained

BONUS- CPR Training Registered(10)

BONUS- Contacted all Schools in Community (10)

TOTAL EARLY CPR HEARTBEATS

### 3. EARLY DEFIBRILLATION

- AED placement in public areas where people congregate or may be at a higher risk. These may be at shopping malls, supermarkets, theaters, health clubs, schools, libraries, town pools, beaches, town halls, convention sites, hotels, athletic arenas, long-term care facilities, public transportation stations, or senior centers.
- AED placement in all First Responder vehicles. First Responder vehicles are equipped with AEDs and personnel are currently up-to-date with CPR and cardiac arrest management guidelines.
- Location of Public Access AEDs are identified and recorded or registered with a plan that includes a maintenance component. Public Access AEDs are identified on a city map and/or signs are visible on the exterior of the building. City dispatch or emergency personnel are aware of location of public AEDs. AED Bill Minnesota Statutes 2015, section 403.51
  [https://www.revisor.mn.gov/statutes/?id=403.51](https://www.revisor.mn.gov/statutes/?id=403.51)

#### Heartbeats - AED Placement:

- 10 Heartbeats are awarded for each AED location identified. Public access AEDs should include signage identifying the building as AED equipped and Electrodes and Batteries should be in working order. This does not include first responder, police/fire units, or other EMS units.
- 10 Heartbeats for a city/area map with all public access AEDs identified (to promote awareness).
- 10 Heartbeats for all local law enforcement and fire vehicles responding to cardiac emergencies are equipped with AEDs.
- 10 Heartbeats for communities that promote the use of a registry tool with a maintenance component.

<table>
<thead>
<tr>
<th># of AEDs located</th>
<th>heartbeats per AED</th>
<th>Heartbeats</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>x 10</td>
<td></td>
</tr>
<tr>
<td>BONUS- Map with AED Locations (10)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>BONUS- Responder Vehicles with AEDs(10)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>BONUS- Promotion of AED Registry Use (10)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

TOTAL EARLY DEFIBRILLATION HEARTBEATS
<table>
<thead>
<tr>
<th>AED Location Name</th>
<th>AED Location Address</th>
<th>Location in the Building</th>
<th>Registered Yes/No?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

25 spaces on this chart - duplicate page if needed for additional AEDs
4.早期高级护理
- 快速响应由急救人员。急救人员配备了AED和CPR培训，可以以3分钟或更少的时间进行响应。
- 转移照顾到高经验的EMS人员或护理人员。高级护理被派遣到所有医疗紧急情况。

心率- 用于EMS响应的识别和意识
ALS响应：为ALS响应提供10个心率。

谁为您的紧急医疗服务提供者？

<table>
<thead>
<tr>
<th>Contact Person(s)</th>
<th>Agency</th>
<th>Address</th>
</tr>
</thead>
</table>

| 总计早期高级护理心率 | 19     |

5.后期心脏骤停护理
为了提高SCA的生存率，患者应被运送到提供综合、结构化、专业化的后心脏骤停护理的医院。治疗应包括心肺和神经支持，包括治疗性低温和冠状动脉介入治疗。大多数提供这种护理的医院位于大都市中心，许多较小的社区将有EMS直接或在稳定后转移护理。请询问您的EMS机构的一般协议，是否为心脏骤停患者的运输提供护理。如果您有一家提供SCA幸存者护理的医院，可以安排参观设施，了解更多关于提供的护理。

心率-用于识别和提高心脏中心的意识
为您的社区内提供推荐的后期心脏骤停护理的设施或为查看SCA幸存者在您社区内或参观心脏中心的优秀者，您可以获得10个心率。

| 总计后期心脏骤停护理心率 |     |

6.持续性计划
为了确保社区持续努力提高心脏急救意识和准备，每个社区应负责确定由谁负责持续工作和新目标/团队的发展。
- 创建一个持续改进和提高您社区对“生存链”响应的流程。
- 继续CPR/AED培训计划。
- 识别需要AED的地点（使用地图找到空白处）并协助解决问题。
- 计划活动或与外部组织合作，确保提高对心脏骤停的意识和结果。
- 计划增加预防活动；血压筛查，5k跑步/行走，预防筛查日，鼓励了解自己的数字等。（看见额外的心率）
- 增加您已识别的AED的地点知识。

总计后期心脏骤停护理心率 |     |

总计早期高级护理心率 | 19 |
Heartbeats
This section is REQUIRED
- Sustainability: Up to Fifty (50) Heartbeats are awarded a community plan for sustainability.
  
  See points per activity listed on chart below. (attach additional page if necessary)

<table>
<thead>
<tr>
<th>Activity/Resource</th>
<th>Details</th>
<th>Responsible Group</th>
<th>Completion Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ongoing CPR/AED training</td>
<td></td>
<td></td>
<td>(5 pts)</td>
</tr>
<tr>
<td>Ongoing AED placement and location; connect to 911 dispatch</td>
<td></td>
<td></td>
<td>(5 pts)</td>
</tr>
<tr>
<td>Partnerships with state and national groups for awareness</td>
<td></td>
<td></td>
<td>(5 pts)</td>
</tr>
<tr>
<td>Continued presence at community events - CPR, 5K’s, Health Events</td>
<td></td>
<td></td>
<td>(5 pts)</td>
</tr>
<tr>
<td>Identify new concerns around heart health in the community</td>
<td></td>
<td></td>
<td>(10 pts)</td>
</tr>
<tr>
<td>Identify goals for year 1, include specific areas of work or activities</td>
<td></td>
<td></td>
<td>(10 pts)</td>
</tr>
<tr>
<td>Identify goals for year 2, include specific areas of work or activities</td>
<td></td>
<td></td>
<td>(10 pts)</td>
</tr>
</tbody>
</table>

**TOTAL SUSTAINABILITY PLAN HEARTBEATS**

7. BONUS HEARTBEATS
These Heartbeats are earned as you continue to improve the heart health of your community. These are extra activities that can be connected to overall state plans; in partnership with healthcare agencies or insurance plans; or based on specific community concerns. The items listed below are based on state-wide efforts and ongoing programs around Minnesota. Resources for these and other programs can be found at websites in the resources section.

Heartbeats
- Twenty (20) Heartbeats for Health Weight: create opportunities for citizens to reduce their weight. This could include getting sidewalks in neighborhoods, bike paths, neighborhood park creation, nutritional counseling walking/running programs, access to support groups, free access to community gymnasiums and fitness centers, and more.
- Twenty (20) Heartbeats for Access to Care. This would include access to screening, counseling for risk reduction, and referral to quality physicians to reduce risk.
- Twenty (20) Heartbeats for Tobacco Control. This can include adherence to the smoke-free worksite law, zero sales to minors, cessation and treatment opportunities available, and community counseling
- One Hundred (50) Heartbeats for City/Town ordinance requiring AEDs in buildings where first responder access may be impeded due to building use; occupancy, location layout, high volume, multi-story, construction, or other reasons.

Letter of Intent sent prior to application (20 heartbeats)

Heartbeats for Healthy Weight (20 heartbeats)

Heartbeats for Access to Care (20 heartbeats)

Heartbeats for Tobacco Control (20 heartbeats)

Heartbeats for AED Ordinance (50 heartbeats)

**TOTAL BONUS HEARTBEATS EARNED**
Heart Safe Community Formal Application

To help communities develop programs to meet these needs, a set of criteria has been put together from many resources and best practices. Please include any supporting material and the Heartbeat calculation worksheet.

Name/Address of Municipality Seeking Recognition:

____________________________________________________________________________________

________________________________________________________________________________________________________

COMMUNITY

ADDRESS      STATE   ZIP CODE

Lead Organization for Coordination of Heat Safe Recognition:

_________________________________________________________________________________________________________

NAME       CONTACT INFORMATION

_________________________________________________________________________________________________________

CHAMPION/CONTACT PERSON NAME/TITLE   CONTACT INFORMATION

Indicate your community’s population and the total number of Heartbeats earned for certification. (Used attached worksheet.)

COMMUNITY POPULATION     TOTAL NUMBER OF HEARTBEATS EARNED

I attest that all information contained in the application is correct. Supporting documentation on AED placements and training is on file for review.

Government Representative:

_________________________________________________________________________________________________________

NAME AND TITLE (PRINT)     SIGNATURE

☐ We are interested and willing to mentor neighboring communities

REVIEWER USE ONLY

Recommended                             Not Recommended  (Explanation Attached)

Recommendation:

_________________________________________________________________________________________________________

NAME/TITLE (PRINT)     SIGNATURE

AWARD PRESENTED:

_________________________________________________________________________________________________________

DATE       PLACE
Heart Safe Community Formal Application (.cont.)

Please use this sheet to report your community’s Heartbeats.

Heartbeats Earned:

1. **EARLY ACCESS**
   - **TOTAL Events**
   - BONUS- Dispatch Assisted CPR (10)
   - BONUS- School & Municipal Buildings (10)
   - **TOTAL EARLY ACCESS HEARTBEATS**

2. **EARLY CPR**
   - **TOTAL Heartbeats based on % trained**
   - BONUS- CPR Training Registered (10)
   - BONUS- Contacted all Schools in Community (10)
   - **TOTAL EARLY CPR HEARTBEATS**

3. **EARLY DEFIBRILLATION**
   - **# of AEDs**
     - BONUS- Map with AED Locations (10)
     - BONUS- Responder Vehicles with AEDs (10)
     - BONUS- Promotion of AED Registry Use (10)
     - **TOTAL EARLY DEFIBRILLATION HEARTBEATS**

4. **EARLY ADVANCED CARE**
   - **TOTAL EARLY ADVANCED CARE HEARTBEATS**

5. **POST-CARDIAC ARREST CARE**
   - **TOTAL POST-CARDIAC ARREST CARE HEARTBEATS**

6. **SUSTAINABILITY PLAN**
   - **TOTAL SUSTAINABILITY PLAN HEARTBEATS**

7. **BONUS**
   - **TOTAL BONUS HEARTBEATS**

**Total Heartbeats Earned:**

Please mail this application and worksheets to the address listed below.
Be sure and call if you have any questions or would like assistance with the application.

*Mail: American Heart Association- MN*  
*4701 West 77th Street*  
*Edina, MN 55435*

*Phone: 952.278.7910*  
*Fax: 952.835.5828*  
*E-mail: heart.safe@heart.org*