

Dear

is pleased to inform you that we have joined a nationwide community effort to make our school Heart Safe with Project ADAM. This decision is the result of our wish to ensure that our campus is prepared to provide an immediate response to someone suffering a cardiac emergency.

In the United States, it is estimated that annually 356,000 adults experience out-of-hospital cardiac arrest as well as 23,000 pediatric cardiac arrests (Mozaffarian, D, 2015; Okubo, M et al, 2020). Although approximately 90% of those people will not survive the event, the likelihood of survival increases with prompt intervention. Early intervention that includes CPR and restoration of normal heart rhythm with the use of an AED increases the chance of survival.

Through our cooperative efforts with Project ADAM led by we have joined hundreds of schools throughout the nation in preparing our school for a life-threatening emergency. This program enables us to offer any person who may experience a sudden cardiac arrest the best chance for survival.

One aspect of being a Heart Safe School is to practice a drill with our staff to rehearse our plan and practice our skills and staff have been trained to assist with an emergency during regular school hours.

After school hours, this is a Public Access Defibrillation (PAD) program. If you suspect someone is experiencing a sudden cardiac arrest, please use the equipment at our school to save their life. Good Samaritan laws protect the layperson in a life-saving attempt who is acting in good faith. We recommend becoming trained in CPR and AED use as an investment in your health and the health of others. You can learn how to recognize a sudden cardiac arrest and hands-only CPR and AED skills by watching this brief Project ADAM video.

FOR YOUR AWARENESS, WE HAVE AEDS IN THE FOLLOWING LOCATIONS AT

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AEDs are a life-saving device, and anyone can use an AED, even if you are not specifically trained. In the case of a cardiac arrest, **call 911, start CPR and retrieve an AED.** To use the AED, first press the power button to turn the device on. The device will then verbally walk you through the steps to use and save a life. Please note, the AED will not shock a person unless it detects a shockable rhythm.

Many thanks for your participation in this important Heart Safe initiative in our school! If you have any questions, please reach out to me.