

WHY?

Intervention	Expected survival rate ↑
Bystander CPR : CPR Anytime in schools, homes & public places	2-5%
AED Use : Widespread strategic AED placement	4-6%
Improved CPR : less interruptions, good rate, good depth & recoil	4-6%

For more information :

Heart Safe Communities

An Allina program coordinating the placement of AED's and CPR training.
651-228-8470



American Heart Association

Information on CPR training, CPR Anytime kits and recognition of a heart attack and other sudden cardiac arrest information.
www.americanheart.org

It's time for a new approach to saving lives.

Each year, an estimated 350,000 Americans die from sudden cardiac arrest - more than car crashes, firearms, house fires, AIDS, and breast, prostate and colorectal cancer combined. What's more, this top killer can strike anyone, at any age, even without warning.

Take Heart America brings doctors, nurses, paramedics, community leaders and people like you together in a new program designed to dramatically increase the number of people who survive.

Take Heart
 **Anoka Co.**

Sudden Cardiac Arrest Survival Initiative

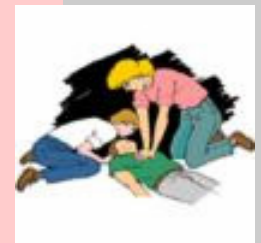


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www.takeheartanoka.org
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651-228-8470

How to host a CPR training party !!!

'Save A Life Party'



YOU can help 'save a life'

Just follow these easy steps:

1 - Organize

- Set a date, time and location - make sure room has enough floor space and padding for kneeling during CPR practice.
- Apply for Take Heart Grant or organize fund raising.
- Order or plan for supplies - CPR Anytime kits (\$20 per kit, 1 kit per person recommended) or manikins and AED trainer.
- Attend a train the trainer session - informational sessions will cover how to use the CPR Anytime kit to host your party, information to share with your guests, and tips on how to spread the word.

2 - Plan

- Create an invitation list and send out email reminders or post cards, template available on Take Heart website.
- Invite a variety of people, who may want to learn and share the information with another group.

- Consider video needs. CPR Anytime requires a DVD player and audio.

3 - Promote

- Consider sharing information about your party with the local newspaper or community information flyers.
- Send out reminders to guests
- Make it fun - get literature and activities on the Take Heart website

4 - Your Party

- Explain the information learned in your train the trainer session and pass out information on sharing CPR Anytime.
- Consider making it a potluck or add it to another group meeting
- Learn 'how to save a life'

Website Tools Available:

1. CPR Memory Aid
2. Heart Healthy Quiz
3. CPR Quiz
4. CPR Games

www.takeheartanoka.org

5 - Reporting

- Fill out the form with the CPR Anytime kit and mail in or report directly on the Take Heart website. Indicate date, method used for training, location and total number trained.

6 - Do it again???

- YES, you can!!! Apply for additional kits through the grant application or fund raising or contact Take Heart for creative ways to reuse your kit.

