



## **HEARTSafe Workplace**

### **Connecticut Department of Public Health**

**Introduction:** Cardiovascular disease is the leading cause of death in Connecticut and the nation, and many sudden cardiac events happen in workplaces each year. OSHA reports that, of the 6,628 workplace fatalities occurring in the US from 2001-2002, 1,216 (18%) were heart attacks, 354 (5%) resulted from electric shock, and 267 (4%) were from asphyxia. Of these, up to 60% may have been saved if automated external defibrillators (AEDs) had been readily available. According to the American Heart Association, less than five percent of sudden cardiac arrest victims survive because a vast majority of bystanders witnessing the arrest do not know cardiopulmonary resuscitation (CPR) or the ‘Chain of Survival’ consisting of:

- **Early Access to Emergency Care** - Bystanders recognizing symptoms of cardiac arrest and calling 9-1-1.
- **Early CPR** -To maintain blood flow to the brain.
- **Early Defibrillation** -To deliver a shock of electricity to restart the heart with an Automated External Defibrillator (AED).
- **Early Advanced Care** – To be administered by emergency medical services personnel.

#### **A HEARTSafe Workplace Promotes and Supports:**

- CPR/AED training and certification of a minimum of 10% of total work staff, including regular employees, volunteers, contractors and student employees. (Certification must be current)
- Health promotion and education opportunities related to: recognizing the signs and symptoms of heart attacks and the need to call 9-1-1; controlling high cholesterol; controlling high blood pressure; and, reducing other heart disease risk factors: tobacco use, diabetes, physical inactivity, stress, and poor nutrition (A minimum of three employer-sponsored presentations, outreach, or awareness events per year).
- Automated External Defibrillators (AEDs) in accessible area(s). (Minimum number based upon workplace – see criteria page three). Workplaces must provide appropriate signage of locations and a documented maintenance schedule for AEDs.
- Written Emergency Action Plan that includes response to medical emergencies. This should include policies for notification of Emergency Medical Services (EMS) System (9-1-1), methods of distribution and education of staff about the Plan, roles and responsibilities of staff for emergency response in the workplace, and any procedures for EMS response within the workplace.

The HEARTSafe Workplace designation is valid for three years. Workplaces will need to re-apply with documentation of the criteria in the above section to maintain their designation.

Official Name and Address of business/agency/organization seeking designation:

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Official Name

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Address

State

Zip Code

Workplace Chief Executive Officer (or designee):

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Name and Title

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Address

State

Zip Code

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Phone

Email

Specific Address of Workplace to be Designated (if different from main address):

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Address

State

Zip Code

**Accredited CPR/AED Training Program(s) Used:**

- American Heart Association (AHA)
- American Red Cross (ARC)
- National Safety Council (NSC)
  
- Provide copies of class rosters for currently certified CPR/AED individuals. A signed letter from a certified instructor attesting to the date, location, number trained and certified, and type of course will also be accepted. Must document CPR/AED training and certification for a minimum of 10% of total work staff, including regular employees, volunteers, contractors and student employees.

***Numbers trained and certified must represent a minimum of 10% of the above that are in the workplace on a daily basis. Please provide this number plus the number of total staff, including volunteers, contractors and student employees.***

**Type of Workplace:**

- Private Business       Educational Institution       Non-Profit
- Government Agency       Faith Based Organization
- Other: \_\_\_\_\_

**HEARTSafe Workplace Criteria:**

- Private Business:**  
Fixed Location; i.e., office building: Minimum one AED in a publicly accessible location, within a 3-minute round-trip walk of the furthest work area. Large workplaces with over 100 work staff must have at least one for each floor.  
Flexible Jobsite Location; i.e., construction site: Minimum one AED per each work location. AED must travel and remain on-site with work crew.
- Educational Institution:**  
University/College settings: Minimum one AED per each building on campus in a publicly accessible location, within a 3-minute round-trip walk of the furthest work area.  
Local school settings: Elementary and Middle Schools - Minimum one AED near gymnasium. High Schools – Minimum one AED near gymnasium and one in main building.
- Non-Profit:**  
Minimum one AED in a publicly accessible location, within a 3-minute round-trip walk of the furthest work area.
- Government Agency:** Minimum one AED in a publicly accessible location, within a 3-minute round-trip walk of the furthest work area. Large workplaces with over 100 work staff must have at least one for each floor.
- Faith Based Organization:** (Ex- church, mosque, synagogue, etc.) Minimum one AED in a publicly accessible location.
- Other:** (Ex- Retail Store, Manufacturing Floor, Warehouse, Summer Camp). Minimum one AED in a publicly accessible location, within a 3-minute round-trip walk of the furthest work area.

**Additional minimal requirements for HEARTSafe Workplace Designation:**

- Health promotion and education opportunities related to: recognizing the signs and symptoms of heart attacks and the need to call 9-1-1; controlling high cholesterol; controlling high blood pressure; and, reducing other heart disease risk factors: tobacco use, diabetes, physical inactivity, stress, and poor nutrition (In addition to CPR/AED classes, a minimum of three employer-sponsored presentations, outreach, or awareness events per year). (Please attach to application).
- Number and location (site map) of publicly accessible Automated External Defibrillators (AEDs).
- Maintenance Policy for AED(s) (Please attach to application).
- Appropriate signage for AED locations (Please attach sample or photograph).
- Written Emergency Action Plan that includes response to medical emergencies. This should include policies for notification of Emergency Medical Services (EMS) System (9-1-1), methods of distribution and education of staff about the Plan, roles and responsibilities of staff for emergency response in the workplace, and any procedures for EMS response within the workplace. (Please attach to application).

**Contact person for application:**

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Name and Title

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Phone

Email

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Contact person signature

Date

State of Connecticut, County of \_\_\_\_\_,ss. \_\_\_\_\_

On this the \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_, before me, \_\_\_\_\_, the undersigned personally appeared \_\_\_\_\_, known to me (or satisfactorily proven) to be the person whose name is subscribed to the within instrument and acknowledged that \_\_\_\_\_ executed the same for the purposes therein contained.

In witness whereof I hereunto set my hand, \_\_\_\_\_  
My Commission expires: \_\_\_\_\_