



pennsylvania
DEPARTMENT OF HEALTH



HeartRescue
PROJECT
PENNSYLVANIA



RESUSCITATION ACADEMY

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HeartRescue
PROJECT

COMMUNITY OUTREACH RESOURCES

EMS and hospital leaders are key allies in raising public awareness about CPR and how to respond in an emergency. Help build awareness by doing CPR demonstrations and training at community events, schools, churches, sports leagues, and in your neighborhood.

Ideas for community outreach:

- Offer short Hands-Only CPR demos and training sessions during stand-by's at local events
- Hold a mass CPR training event in partnership with local sports teams, clubs and schools
- Offer ongoing training at fire stations or other health or training facilities
- Encourage businesses and schools to have an emergency response plan
- Demonstrate CPR on camera for a local TV network or for a video that can be shared online
- Coordinate a survivor celebration event to honor the 911 callers, EMS professionals, and bystanders who helped save a life
- Involve local leaders, media personalities, celebrities, and sports stars who have strong influence and can be advocates
- Volunteer for public appearances, media opportunities, and safety fairs in your community
- Organize a CPR flashmob at your local college campus or other public space

DID YOU KNOW?

- Sudden cardiac arrest (SCA) kills more Americans each year than lung, breast and prostate cancer and AIDS combined
- Survival rates are only 8% and have not improved in three decades
- Success begins with public bystanders! Effective bystander CPR can **double** or **triple** the chance of survival
- Greater use of CPR by bystanders will save lives, bottom line. You can help by training others in how to recognize and respond to SCA.



BE A CPR CHAMPION

Help us train 250,000 people in Pennsylvania!

HeartRescue Project and the Pennsylvania Bureau of EMS are partnering in a statewide campaign to increase public awareness of cardiac arrest and teach bystander CPR in the community. Together, we aim to train 250,000 people through EMS Week in May 2013.

Stay tuned for more details on how you and your agency/organization can get involved.

IN YOUR COMMUNITY

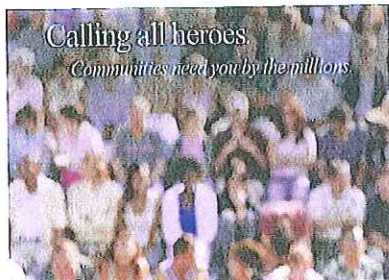
Pennsylvania HeartRescue Project has banners, bracelets, magnets, and wallet cards to help spread the word about SCA and CPR. If you will be participating in a health fair or community event, we are happy to send you materials to hand out.

For materials, or any questions about community outreach, please contact Julie Griff at 215.746.4665 or Julie.Griff@uphs.upenn.edu



HeartRescue PROJECT

TOOLS TO TEACH CPR in YOUR COMMUNITY



www.cpranytime.org

The American Heart Association's (AHA) CPR Anytime kits are an excellent tool for training individuals or groups. Kits include an inflatable manikin, instructional DVD, and everything needed to learn basic CPR and AED skills anywhere. Contact us to order kits

Every day, thousands of people suffer sudden cardiac arrest.

Would you know how to help?

START Save-A-Life Simulator

www.heartrescuenow.com

The HeartRescue Save-A-Life Simulator shows what to do if you see someone collapse. Use and share this life-saving tool.



Plan. Learn. Save.

Making your school community a safer place.

Help make our schools heart-safe. The Anyone Can Save a Life program guides you through implementing an emergency response plan for after school practices and events. Check out great resources at www.anyonecansavealife.org.



Teach teens to save a life through AHA's Be the Beat campaign. The interactive website has fun games, videos, prizes, and resources for teachers, schools, and students. Visit www.bethebeat.heart.org.

PENNSYLVANIA HEARTRESCUE NEWS

COMMUNITY GRANTS COMING SOON!

We are pleased to announce the upcoming launch of a Pennsylvania HeartRescue Community Grant Program. Grants will be available for advocates, schools, EMS agencies or regions, hospitals, and organizations to develop sustainable programs that are consistent with our goal of improving SCA survival rates. Stay tuned for more information later this fall on grant criteria and application guidelines.

NEW LAWS TO PROTECT PENNSYLVANIANS

Good Samaritan Law: In 2012, Pennsylvania passed Senate Bill 351 to protect bystanders and non-medical emergency response providers who perform CPR or aid someone in an emergency, and businesses who wish to place automatic external defibrillators (AED) on their premises. Senate Bill 351 fixes loopholes in an outdated Good Samaritan Law, and will bring Pennsylvania among the 36 other states who have similar personal liability protections for good Samaritans.

Sudden Cardiac Arrest Prevention Act: Pennsylvania is the first state to adopt legislation that seeks to protect student athletes from sudden cardiac arrest. The **Sudden Cardiac Arrest Prevention Act** (HB 1610 Act 59) became law earlier this year and will require districts to provide information on SCA to coaches and parents. Local school districts are gearing up for the upcoming school year and taking the lead on educating coaches and parents. Visit The PA Department of Health website - www.health.state.pa.us for more info on the law, SCA fact-sheets, and other resources.



Dear Participant,

We are very excited to kick off the first ever ***Lend a Hand, Save a Life CPR Challenge***, a statewide campaign that seeks to educate Pennsylvanians on how to respond to sudden cardiac arrest (SCA), a leading killer of Americans.

This campaign is a call to action to EMS providers, health educators, and community leaders to teach the general public about sudden cardiac arrest and train as many people as possible across the Commonwealth in the basic principles of CPR. Together, our aim is to reach 250,000 people by the end of EMS Week (May 26, 2013), and we challenge you to help reach this goal. In the spirit of healthy competition, we look forward to honoring and awarding prizes to the top organizations that reach the most people.

We have created this resource packet to help make your CPR outreach events a success. There are many different activities that you can plan to spread the knowledge of CPR, and we encourage you to do what works best in your community. Collaborate with your local schools, sports teams, colleges, businesses, and community groups, and consider incorporating training into large-scale public events, such as the intermission of a concert, or during half-time at a sports game. This is your chance to be creative and to allow your organization to stand out. Also, don't forget to share your activities with local media to help spread the word and increase awareness.

Improving survival from cardiac arrest requires a collective community response, which begins with making sure everyone knows how to call 911 and do CPR. Please join us by teaching your own community these simple steps. Together, we can save more lives!

Thank you for your commitment to improving health care in our Commonwealth, and to saving the lives of its citizens. Good luck!

Sincerely,

A handwritten signature in black ink that reads "Joseph W. Schmider".

Joseph W. Schmider
Director
Bureau of Emergency Medical Services
Pennsylvania Department of Health

A handwritten signature in black ink that reads "Kathryn D. Tucker".

Kathryn D. Tucker
Program Director
Pennsylvania HeartRescue Project

A handwritten signature in blue ink that reads "Michele M. Bolles".

Michele M. Bolles
Senior VP Health Strategies
Great Rivers Affiliate
American Heart Association



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SAMPLE SCRIPT FOR HANDS-ONLY CPR DEMONSTRATION

(For a crowd, i.e. during half-time of a sports game, or on stage during a concert intermission)

"Hello and thanks for having us here today.

My name is _____ and I am from the _____ Emergency Health Services Council.

We are a not-for-profit organization who work with the Pennsylvania Department of Health --- overseeing the development and improvement of the emergency medical services system in our (# of counties) county region --- (Name counties)

As a part of a program called the **Pennsylvania HeartRescue Project**, we are representing all of the ambulance services and other emergency services in the area ... to raise awareness about sudden cardiac arrest and what to do if you see someone collapse...

Our goal is to increase the survival rate from sudden cardiac arrest in our region by 50%...

AND we NEED YOUR HELP!!

With that in mind, we are here with a "gift of life" for you today!

[Someone grabs his chest and starts to collapse]

Would you know what to do if someone suddenly collapsed in front of you?

If you see a teen or adult suddenly collapse, it's important to act fast. Helping to save a life is easier than you might think.

Just start hands-only CPR

[Someone enters the court and starts to treat the victim in concert with the instructions]

First, shake the person and shout "Are you ok?"

If no response, send someone to call 911 and find an AED, or call 911 yourself.

Then, get directly over the victim. Put the heel of one hand in the center of the chest.

Then put your other hand on top of the first.

With straight arms, push hard and fast in the center of the chest at a rate of 100 times per minute, allowing the chest to recoil each time. (*continued on next page*)



To keep the beat, think of the song “Stayin Alive” by the Bee-Gees.

[Stayin’ Alive starts to play]

[Volunteers enter the court with manikins --- Surround demonstration and do hands-only CPR to the beat of the music]

Keep pushing until help arrives.

If an AED is available, turn it on and follow the instructions.

[AED arrives --- Someone emphasizes the instructions and uses the AED]

[Music fades down and out until the shock is delivered and CPR starts again]

[Music starts again as CPR continues]

[Music fades out as speaker starts to talk again]

Let’s hope you never have to use hands-only CPR, but if you see a teen or adult suddenly collapse, don’t be afraid to try it.

Remember: Call 911. Then push hard and fast in the center of the chest until help arrives.

Your actions can help save a life.

Every minute that goes by means nearly a 10% less chance that the victim will survive!!

[Victim stands up – high fives person who performed and others]

[Volunteers stand afterwards – turn with their manikins and face the audience]

Ladies and gentleman --- that is our gift to you. The ability to “Lend a Hand and Save a Life”

How about a round of applause for the victim, our volunteers and to _____ for giving us the opportunity to provide this gift to you!!

For more information about how to “Lend a Hand and Save a Life,” stop at the booth or see any one of our volunteers!!

Thank you and please have a happy and safe holiday season (or enjoy your night, etc)....”

[Music plays as volunteers leave the floor]



SAMPLE SCRIPT FOR TEACHING HANDS-ONLY CPR

(short version)

Facilitator:

“Would you know what to do if someone collapsed?”

If you see a teen or adult suddenly collapse, it’s important to act fast. Helping to save a life is easier than you might think. Just start hands-only CPR.

First, shake the person and shout “Are you ok?” If no response, send someone to call 911 and find an AED, or call 911 yourself.

Then, get directly over the victim. Put the heel of one hand in the center of the chest. Then put your other hand on top of the first.

With straight arms, push hard and fast in the center of the chest at a rate of 100 times per minute, allowing the chest to recoil each time. To keep the beat, think of the song “Stayin Alive” by the Bee-Gees.

Keep pushing until help arrives. If an AED is available, turn it on and follow the instructions.

Let’s hope you never have to use hands-only CPR, but if you see a teen or adult suddenly collapse, don’t be afraid to try it.

Remember: Call 911. Then push hard and fast in the center of the chest until help arrives.

Your actions can help save a life.”

Note: For unconscious children (age 8 or under), or for adult victims of drowning or choking, start regular CPR by pushing 30 times on the center of the chest followed by 2 mouth to mouth breaths. However, even in these cases, hands-only CPR is better than doing nothing.



KEY MESSAGES FOR COMMUNITY OUTREACH

WHAT IS BYSTANDER CPR?

- CPR done by a friend, family member, or anyone who can help if someone collapses and is unresponsive
- Life-saving knowledge that everyone needs to know

WHAT IS HANDS-ONLY CPR?

- CPR that focuses on immediate chest compressions, and does not include mouth-to-mouth breaths
- This simple message reduces barriers to training. It is easier to remember (compared to the previous approach of teaching rescue breaths), and emphasizes that you can save a life with very basic knowledge and skills
- Hands-only CPR has been proven to be as effective as conventional CPR in treating adult cardiac arrest victims.
- The American Heart Association has recommended hands-only CPR for adults since 2008

BYSTANDER CPR is CRUCIAL to SURVIVAL

- Starting CPR immediately is one of the most critical factors in whether someone survives. **Don't wait until the ambulance arrives.** For every minute that passes without CPR, survival decreases by 10%.
- Immediate bystander CPR doubles or triples the chances of survival.
- Almost 80% of sudden cardiac arrests happen at home and are witnessed by a loved one. By knowing CPR, you could help save your loved one's life.

SUDDEN CARDIAC ARREST CAN HAPPEN to ANYONE, ANYTIME, ANYWHERE

- More than 350,000 Americans each year die from SCA, which is more than lung cancer, breast cancer, prostate cancer, and AIDS **combined**.
- It is not just something that affects elderly or sick people. More than 2,000 young people (under 25) die each year. Many victims appear healthy and have no known risk factors.
- SCA is different from a heart attack. SCA stops the heart due to an electrical problem, and the person loses consciousness and has no pulse; A heart attack is caused by a block in the blood supply to the heart muscle. A heart attack may cause SCA, but they are not the same.

OVERCOMING FEAR FACTOR:

- You can't hurt the victim. Your actions can only help!
- You are legally protected by the Good Samaritan Act.

For additional CPR training, please contact your local American Red Cross or American Heart Association



IDEAS FOR COMMUNITY OUTREACH

- Offer short hands-only CPR demos and training sessions during stand-by's at local events
- Hold a mass CPR training event in partnership with local sports teams, clubs and schools
- Offer ongoing training at fire stations or other health or training facilities
- Encourage businesses and schools to have an emergency response plan
- Demonstrate CPR on camera for a local TV network or for a video that can be shared online
- Coordinate a survivor celebration event to honor the 911 callers, EMS professionals, and bystanders who helped save a life
- Involve local leaders, media personalities, celebrities, and sports stars who have strong influence and can be advocates
- Volunteer for public appearances, media opportunities, and safety fairs in your community
- Organize a CPR flash mob at your local college campus or other public space

If you have manikins available:

- Have participants practice, giving feedback on the following areas that often need attention :
 - Position hands in the center of the chest
 - Push with straight arms and elbows locked
 - Position body for maximum leverage, kneeling directly over the manikin
 - Allow for the chest to completely release each time
 - Push fast (100 times per minute) and deep (2 inches)

Sample group activities if you do not have manikins:

- Have participants clap their hands to the beat of "Stayin Alive" by the BeeGees to get a sense of what 100 beats per minute feels like
- Have participants place the heel of their hand in the center of their own chest, between the nipples to understand the correct placement
- Have participants repeat the steps: "Call 911," "Push Hard and Fast," "Use an AED"
- Show a video of hands-only CPR, or do a live demonstration



ONLINE RESOURCES

Short videos on how to do hands-only CPR

- 1) <http://www.cnn.com/video/#/video/health/2009/10/13/cheat.death.cpr.demo.cnn>
- 2) http://www.heart.org/HEARTORG/CPRAndECC/HandsOnlyCPR/Hands-Only-CPR_UCM_440559_SubHomePage.jsp

Save-a-Life Simulator and PSA: www.heartrescuenow.com

Examples of CPR flash mobs and other public awareness events for large crowds

- 1) Mall Flash Mob: http://www.youtube.com/watch?v=nIJG6Bz_7cl
- 2) Festival Flash Mob: <http://www.youtube.com/watch?v=4yICKTywmlA>
- 3) Youth CPR Rap: <http://www.youtube.com/watch?v=HGUAiT5tro0&feature=relmfu>
- 4) Basketball Game Half-time Demonstration and Flash Mob:
<http://www.youtube.com/watch?v=HFeEYumVg9M&NR=1&feature=fvwp>

General resources on CPR and Sudden Cardiac Arrest

- 1) HeartRescue Project: www.heartrescueproject.com
- 2) American Heart Association: www.heart.org/handsonlycpr
- 3) Sudden Cardiac Arrest Foundation: www.sca-aware.org
- 4) Sudden Cardiac Arrest Association: www.suddencardiaccarrest.org

School/Youth CPR Programs

- 1) Anyone Can Save a Life: www.anyonecansavealife.org
- 2) Be the Beat: www.bethebeat.heart.org
- 3) Parent Heart Watch: www.parentheartwatch.org

Survivor Resources

- 1) SCA Survivor Network: <http://www.sca-aware.org/sca-survivor-network>
- 2) Survivor Stories: <http://www.suddencardiaccarrest.org/aws/SCAA/pt/sp/survivors>

For certification courses and additional training:

- 1) American Heart Association: www.heart.org
- 2) American Red Cross: www.redcross.org



News for Immediate Release

Jan. 7, 2013

Department of Health Launches New CPR Education and Training Initiative

Harrisburg – A new campaign, "Lend a Hand, Save a Life," will teach the general public about sudden cardiac arrest (SCA) and train 250,000 people in Pennsylvania in hands-only cardiopulmonary resuscitation (CPR).

The American Heart Association (AHA) has been recommending hands-only CPR for adults since 2008. Hands-only CPR has three easy steps: call 911, push hard and fast in the center of the chest, and use an automated external defibrillator (AED) if available. This type of CPR has been proven as effective as CPR with breaths in treating adult cardiac arrest victims.

"Sudden cardiac arrest is the leading cause of death among Americans, with 80 percent of events occurring in the home," said Acting Secretary of Health Michael Wolf. "It's our hope that this program will successfully educate Pennsylvanians on how to respond because CPR conducted by an immediate bystander in a cardiac event doubles or triples the patient's chance of survival."

The new campaign is a joint collaboration between the AHA, Department of Health's Bureau of Emergency Medical Services (EMS) and the Pennsylvania HeartRescue Project.

The goal of the campaign is to encourage CPR trainers to collaborate with local schools, sports teams, colleges, businesses and community groups to host CPR training events and incorporate training into large-scale public events, such as five-minute, hands-only CPR demonstrations during halftime at a sports game or during a concert intermission.

CPR trainers can register events online at www.heart.org/lendahandsavealife to track the number of people trained and the date and location of the training. Numbers will be reflected on the website so the public can track progress, and prizes will be distributed at an awards ceremony at the close of the campaign to the top participating training groups.

"Improving survival from sudden cardiac arrest begins with making sure everyone knows how to immediately call 911 and start CPR," said Kathryn DiPuppo Tucker, program director of the Pennsylvania HeartRescue Project, a project that seeks to improve survival rates in Pennsylvania by 50 percent. "This campaign is an exciting opportunity to empower individuals and communities, and ultimately save more lives."

"Very few victims of sudden cardiac arrest outside of a hospital setting survive, as survival rates drop 10 percent for every minute that passes following a cardiac arrest," said Dr. Jeffrey Mandak, AHA Capital Region board member and cardiologist at Fulton County Medical Center and PinnacleHealth. "EMS often cannot arrive onsite soon enough to save the victim. Increasing familiarity of CPR and the use of AEDs in the community can help to improve chances of survival."

The "Lend a Hand, Save a Life" campaign will run through May 26, 2013, the end of National EMS Week. For additional information on the campaign, please visit www.heart.org/lendahandsavealife. For more information on sudden cardiac arrest, please visit HeartRescue Project at www.heartrescuenow.com. For CPR training, contact the American Heart Association at www.heart.org/cpr or the American Red Cross at www.redcross.org/take-a-class.

Media contact: Aimee Tysarczyk or Kait Gillis, 717-787-1783

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Lend a hand
Save a life

Learn CPR NOW

It only takes 5 minutes!

XYZ Ambulance Company

will be teaching CPR at

ABC Health and Safety Fair on December 15, 2012

For more information, contact Joe Smith, 123-456-7890



ABOUT THE CHALLENGE

The ***Lend a Hand, Save a Life CPR Challenge*** seeks to educate Pennsylvanians on how to respond to sudden cardiac arrest (SCA), a leading killer of Americans. The campaign is a call to action to EMS providers, health educators, and community leaders to teach the general public about SCA and train 250,000 people across the Commonwealth in bystander CPR, with the overall goal of improving survival rates for out of hospital sudden cardiac arrest.

Lend a Hand, Save a Life CPR Challenge

- Partners: Joint collaboration between the Pennsylvania Department of Health Bureau of EMS, the Pennsylvania HeartRescue Project, and the American Heart Association
- Goal: Educate **250,000** people in Pennsylvania to recognize SCA and know how to respond
- Model: Encourage EMS agencies and AHA training centers to collaborate with their local schools, sports teams, colleges, businesses, and community groups to host CPR training events, and incorporate training into large-scale public events (for example, a 5 minute hands-only CPR demo during halftime at a sports game or at intermission of a concert)
- Events: Materials are available to assist groups in their outreach and training, which include a banner, a Resource Packet (including FAQ's on CPR and SCA, scripts for trainers, event ideas, poster template, and message guide), and give-aways (including wallet cards with hands-only CPR instructions and silicone bracelets with the campaign slogan)
- Tracking: Participating groups should register their events online at www.heart.org/lendahandsavealife to track how many people they trained and the date and location of the training. Numbers will be reflected graphically (ie a "goal thermometer") so the public will be able to follow progress
- Timeline: Public launch on January 7, 2013 and run through May 26, 2013 (the end of EMS Week); All trainings as of November 1, 2012 can be included and count towards the goal
- Incentives: Prizes will be distributed at a closing awards ceremony to the top groups (based on number of people reached).

Goals:

- 1) Improve bystander CPR rates in Pennsylvania, as a step towards improving overall survival of out of hospital SCA
- 2) Train 250,000 people across Pennsylvania in bystander CPR
 - Focus on hands-only CPR
 - Emphasize a simple, action-oriented message
- 3) Increase public awareness of SCA, the importance of knowing how to respond, and the simple steps to take action
 - Educate about SCA and that it can happen to anyone (regardless of age, known symptoms)
 - Educate on the difference between heart attack and SCA



- Promote a social expectation that citizens must help and they are critical to survival
 - Break down barriers to CPR (ie. fear of harming the victim, or not doing it right)
 - Encourage confidence and immediate action
 - Draw public attention to SCA, an overlooked cause of death
- 4) Develop an integrated community response to SCA by encouraging collaboration among public officials, emergency medical services, schools, businesses, community organizations, and the general public
- 5) Strengthen alliances between leaders and stakeholders in the field of sudden cardiac arrest, thus strengthening the system of care in Pennsylvania

Hands-Only CPR Campaign Messaging

- Hands-only CPR has just 3 easy steps (1) Call 911 (2) Push hard and fast in the center of the chest (3) Use an AED if available
- This simple message reduces barriers to training. It is easier to remember (compared to previous approach of teaching rescue breaths, etc), and emphasizes that you can save a life with very basic knowledge and skills
- Hands-only CPR has been proven to be as effective as CPR with breaths in treating adult cardiac arrest victims
- The American Heart Association has recommended hands-only CPR for adults since 2008
- Everyone should know how to call 911, start chest compressions, and find and use an AED

Sudden Cardiac Arrest Facts

- Sudden cardiac arrest is a leading cause of death in the U.S. - killing more than 350,000 Americans each year
- Nationally, only 8% of those who suffer SCA survive - a rate that hasn't changed significantly in 30 years
- Survival rates vary from 1%-50%, depending on where you live in the country; in PA that number is 10%
- SCA is a treatable disease. Improving survival requires coordinated community response by the general public, first responders, EMS services and in-hospital care givers
- Success begins with public bystanders. Communities with higher bystander CPR participation have higher SCA survival rates
- Immediate bystander CPR **doubles** or **triples** the chance of survival
- 80% of SCA events occur in the home

COMMUNITY EVENT REPORT

Contact Name: Email: Phone: Name of EMS Council/Agency/Organization: Date & Time of Event: Venue/Location: Event Type: ☐stand-by ☐walk-in ☐sports event ☐school event ☐church ☐other:

Number of volunteers/participants from your agency:

Other organizations or partners involved in planning/hosting the event:

Type of outreach you did: ☐Hands-Only CPR ☐AED demo/training ☐Family & Friends/CPR Anytime
☐certification course ☐other:Was the training: ☐one-on-one ☐in small groups ☐a mass audience?Did you use any tools? ☐CPR Anytime kits ☐manikins ☐Save-A-Life Simulator
☐videos (specify: _____) ☐other:Did you display or distribute materials? ☐banners ☐wallet cards ☐bracelets ☐t-shirts
☐fact sheets ☐other:

How many people did you train:

Who was your primary audience? ☐teens ☐college students ☐families ☐adults ☐other:Did this event target high-risk communities? ☐Latino ☐African-American ☐Asian ☐other:

Overall, was the event a success? Any feedback (positive or negative) from the participants?

Is there anything that could have made the event more effective (ie equipment, materials, more volunteers, logistical support?) Any additional feedback or comments?

Thank you!

JUDICIAL CODE (42 PA.C.S.) - GOOD SAMARITAN CIVIL IMMUNITY FOR
USE OF AUTOMATED EXTERNAL DEFIBRILLATOR AND NONMEDICAL GOOD
SAMARITAN CIVIL IMMUNITY

Act of Jul. 5, 2012, P.L. 1081, No. 125

CL. 42

Session of 2012

No. 2012-125

SB 351

AN ACT

Amending Title 42 (Judiciary and Judicial Procedure) of the Pennsylvania Consolidated Statutes, in particular rights and immunities, further providing for Good Samaritan civil immunity for use of automated external defibrillator and for nonmedical good Samaritan civil immunity.

The General Assembly of the Commonwealth of Pennsylvania hereby enacts as follows:

Section 1. Sections 8331.2 and 8332 of Title 42 of the Pennsylvania Consolidated Statutes are amended to read:
§ 8331.2. Good Samaritan civil immunity for use of automated external defibrillator.

(a) General rule.--[Except as otherwise provided in this section, any individual who is trained to use an automated external defibrillator in accordance with subsection (c) and] **Any person** who in good faith **acquires and maintains an AED** or uses an AED in an emergency shall not be liable for any civil damages as a result of any acts or omissions by [such] **an** individual [in] using the AED, except [any] **if** acts or omissions intentionally designed to harm or any grossly negligent acts or omissions [which] result in harm to the individual receiving the AED treatment.

(b) Requirements.--Any person who acquires and maintains an AED for use in accordance with this section shall [not be liable for civil damages provided that the person]:

(1) [Ensures] **Ensure** that expected AED users receive training pursuant to subsection (c).

(2) [Maintains and tests] **Maintain and test** the AED according to the manufacturer's operational guidelines.

(3) [Provides] **Provide** instruction requiring the user of the AED to utilize available means to immediately contact and activate the emergency medical services system.

(4) [Assures] **Assure** that any appropriate data or information is made available to emergency medical services personnel or other health care providers as requested.

(c) Training.--For purposes of this section, expected AED users shall complete training in the use of an AED [provided by the American National Red Cross or the American Heart Association or through an equivalent course of instruction approved by the Department of Health in consultation with a technical committee of the Pennsylvania Emergency Health Services Council] **consistent with American Red Cross, American Heart Association or other national standards as identified and approved by the Department of Health in consultation with the Pennsylvania Emergency Health Services Council.**

(d) Obstruction of emergency medical services personnel.--Nothing in this section shall relieve a person who uses an AED from civil damages when that person obstructs or

interferes with care and treatment being provided by emergency medical services personnel or a health professional.

[(e) Exception.--Any individual who lacks the training set forth in subsection (c) but who has access to an AED and in good faith uses an AED in an emergency as an ordinary, reasonably prudent individual would do under the same or similar circumstances shall receive immunity from civil damages as set forth in subsection (a).]

(f) Definitions.--As used in this section, the following words and phrases shall have the meanings given to them in this subsection:

"Automated external defibrillator" or "AED." A portable device that uses electric shock to restore a stable heart rhythm to an individual in cardiac arrest.

"Emergency." A situation where an individual is believed to be in cardiac arrest [and] **or is** in need of immediate medical attention to prevent death or serious injury.

"Good faith." Includes a reasonable opinion that the immediacy of the situation is such that the use of an AED should not be postponed until emergency medical services personnel arrive or the person is hospitalized.

§ 8332. [Nonmedical] **Emergency response provider and bystander good Samaritan civil immunity.**

(a) General rule.--[Any person who renders emergency care, first aid or rescue at the scene of an emergency, or moves the person receiving such care, first aid and rescue to a hospital or other place of medical care, shall not be liable to such person for any civil damages as a result of any acts or omissions in rendering the emergency care, first aid or rescue, or moving the person receiving the same to a hospital or other place of medical care, except any acts or omissions intentionally designed to harm or any grossly negligent acts or omissions which result in harm to the person receiving the emergency care, first aid or rescue or being moved to a hospital or other place of medical care] **Any person, including an emergency response provider, whether or not trained to practice medicine, who in good faith renders emergency care, treatment, first aid or rescue at the scene of an emergency event or crime or who moves the person receiving such care, first aid or rescue to a hospital or other place of medical care shall not be liable for any civil damages as a result of rendering such care, except in any act or omission intentionally designed to harm or any grossly negligent acts or omissions which result in harm to the person receiving emergency care or being moved to a hospital or other place of medical care.**

[(b) Exceptions.--

(1) This section shall not relieve a driver of an ambulance or other emergency or rescue vehicle from liability arising from operation or use of such vehicle.

(2) In order for any person to receive the benefit of the exemption from civil liability provided for in subsection (a), he shall be, at the time of rendering the emergency care, first aid or rescue or moving the person receiving emergency care, first aid or rescue to a hospital or other place of medical care, the holder of a current certificate evidencing the successful completion of a course in first aid, advanced life saving or basic life support sponsored by the American National Red Cross or the American Heart Association or an equivalent course of instruction approved by the Department of Health in consultation with a technical committee of the Pennsylvania Emergency Health Services Council and must be performing techniques and employing

procedures consistent with the nature and level of the training for which the certificate has been issued.]

(c) **Exception.--This section shall not relieve a driver of a vehicle, including an ambulance or other emergency rescue vehicle, from liability arising from an operation or use of such vehicle pursuant to subsection (a).**

(d) **Definition.--For the purposes of this section, the term "emergency response provider" includes Federal, State and local emergency public safety, law enforcement, emergency response, emergency medical services personnel, response teams, agencies and authorities, excluding hospital emergency facilities and related personnel.**

Section 2. This act shall take effect in 60 days.

APPROVED--The 5th day of July, A.D. 2012.

TOM CORBETT

2012 Hands-Only™ CPR Fact Sheet

Remember disco? You can help save a life if you do.

If you see a teen or adult collapse, call 9-1-1 and push hard and fast in the center of the chest to the beat of the classic disco song "Stayin' Alive." The American Heart Association's Hands-Only™ CPR at this beat can more than double or triple a person's chances of survival.

Take 60 seconds and hustle to heart.org/handsonlycpr to learn how you can help save a life.

WHY LEARN HANDS-ONLY CPR?

Sudden cardiac arrest is a leading cause of death. Nearly 400,000 out-of-hospital cardiac arrests occur annually in the United States.

- When a teen or adult has a sudden cardiac arrest, survival depends on immediately getting CPR from someone nearby.
- Sadly, 89 percent of people who suffer an out-of-hospital cardiac arrest die because they don't receive immediate CPR from someone on the scene.
- Most Americans (70 percent) feel helpless to act during a cardiac emergency because they don't know how to administer CPR or they're afraid of hurting the victim.

BE THE DIFFERENCE FOR SOMEONE YOU LOVE

If you are called on to give CPR in an emergency, you will most likely be trying to save the life of someone you love: a child, a spouse, a parent or a friend.

- 80 percent of sudden cardiac arrests happen in private or residential settings.
- Unfortunately, only 41 percent of people who experience a cardiac arrest at home, work or in public get the immediate help that they need before emergency help arrives.
- Hands-Only CPR has been shown to be as effective as conventional CPR for sudden cardiac arrest at home, at work or in public. It can double or even triple a victim's chance of survival.

DISCO CAN SAVE LIVES

Hands-Only CPR has just two easy steps: If you see a teen or adult suddenly collapse, (1) Call 9-1-1; and (2) Push hard and fast in the center of the chest to the beat of the disco song "Stayin' Alive."

- According to the American Heart Association, people feel more confident performing Hands-Only CPR and are more likely to remember the correct rhythm when trained to the beat of the disco classic "Stayin' Alive."
- "Stayin' Alive" has more than 100 beats per minute, which is the rate you should push on the chest during CPR.

HUSTLE TO LEARN HOW TO SAVE A LIFE

- **Watch the 60-second demo video.** Visit heart.org/handsonlycpr to watch the Hands-Only CPR instructional video and share it with the important people in your life. You can also find a CPR class near you.

The American Heart Association's Hands-Only CPR campaign is supported by an educational grant from the WellPoint Foundation.

NOTE: The AHA still recommends CPR with compressions and breaths for infants and children and victims of drowning, drug overdose, or people who collapse due to breathing problems.

About Cardiopulmonary Resuscitation (CPR)



CPR has origins dating back to the 1700's. In 1741, The Paris Academy of Sciences officially recommended mouth-to-mouth resuscitation for drowning victims. More than 100 years later in 1891, Dr. Friedrich Maass performed the first equivocally documented chest compression in humans. In 1960, a group of resuscitation pioneers, Drs Peter Safar, James Jude, and William Bennett Kouwenhoven, combined mouth-to-mouth breathing with chest compressions to create Cardiopulmonary Resuscitation, the lifesaving action we now call "CPR."

In the 1960s, with the formal endorsement of CPR and the start of a program to acquaint physicians with closed-chest cardiac resuscitation, the American Heart Association became the forerunner of CPR training for the general public. Today, through its global Training Network of close to 300,000 Instructors and more than 3500 authorized Training Centers, the AHA trains more than 12 million people annually in CPR, first aid and advanced cardiovascular life support.

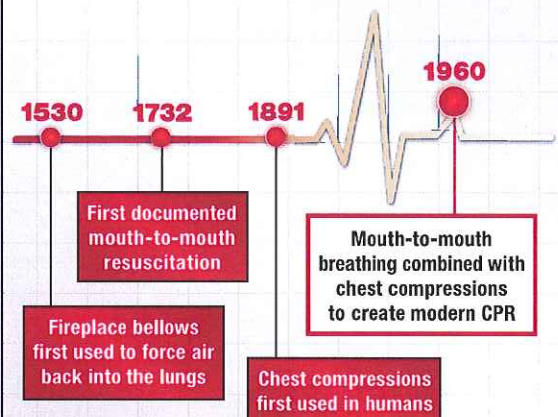
Throughout the years, CPR has evolved from a technique performed almost exclusively by physicians and healthcare professionals. Today it's a lifesaving skill that is simple enough for anyone to learn. However, research has shown that several factors prevent bystanders from taking action, including fear that they will perform CPR incorrectly, fear of legal liability, and fear of infection from performing mouth-to-mouth.

Recommendations outlined in the **2010 AHA Guidelines for CPR & ECC (Emergency Cardiovascular Care)** continue to simplify CPR for rescuers, so that more people can and will act in the event of an emergency. However, to get CPR and first aid training into the hands of every person, from healthcare providers to bystanders, the way that the AHA delivers training and information also has evolved.

Through scientific research, the AHA has been able not only to create specialized training for professionals, but to lead the way in developments like **Hands-Only™ CPR for bystanders**, so that more victims have a chance at survival. It was 2008 when AHA first endorsed Hands-Only CPR – the two-step technique of calling 9-1-1 and pushing hard and fast in the center of the chest until help arrives. Through the AHA's Hands-Only CPR Ad Council campaign and other exciting initiatives, AHA is spreading the message that anyone can and should learn the simple skills that can save a life.

With its Alliance partner, Laerdal Medical, in 2005, AHA launched the revolutionary **CPR Anytime® personal learning program**, developed to increase CPR knowledge among the general public. CPR Anytime and Infant CPR Anytime kits contain everything needed to learn basic CPR skills in about 20 minutes. You can learn skills from the comfort of your home or in a group setting, and then share the kit with close family members and friends to pass on skills to others.

CPR Comes to Life



©2010 American Heart Association

Hands-Only™ CPR

Two steps to save a life:



Call 9-1-1



Push hard and fast in the center of the chest



About Cardiopulmonary Resuscitation (CPR) (continued)



To help deliver training to busy healthcare professionals and employees with a duty to respond to emergencies in the workplace, in 2007 AHA created **OnlineAHA.org**, which today offers a variety of online courses in basic and advanced life support, CPR and first aid, stroke education, rhythm recognition and more. To date, more than 1.25 million people have completed courses through OnlineAHA.org!



The AHA also has been able to create tools for the general public that deliver real-time lifesaving information. The **AHA Pocket First Aid & CPR Smartphone Application** – AHA's first app – amazingly helped Dan Wooley, a U.S. filmmaker trapped for more than 60 hours in rubble from the massive January 12, 2010, Haiti earthquake survive. He was able to treat his injuries using information found on the app, which features hundreds of pages of illustrations covering CPR and first aid procedures, and more than 40 detailed videos.



AHA Pocket First Aid & CPR
Smartphone Application

Sudden Cardiac Arrest (SCA) & CPR Fast Facts

- Every year in the US, EMS treats almost 383,000 out-of-hospital sudden cardiac arrests – that's more than 1,000 a day.
- Almost 80 percent of sudden cardiac arrests happen at home and are witnessed by a loved one. Put very simply: The life you save with CPR is mostly likely to be the life of someone you love.
- Currently, less than 12 percent of victims survive sudden cardiac arrest. Effective bystander CPR provided immediately after sudden cardiac arrest can double or triple a victim's chance of survival, but only 41 percent of cardiac arrest victims get CPR from a bystander.
- Sudden cardiac arrest can happen to anyone at any time. Many victims appear healthy with no known heart disease or other risk factors.
- Sudden cardiac arrest is not the same as a heart attack. Sudden cardiac arrest occurs when electrical impulses in the heart become rapid or chaotic, which causes the heart to suddenly stop beating. A heart attack occurs when the blood supply to part of the heart muscle is blocked. A heart attack may cause cardiac arrest.
- African-Americans are almost twice as likely to experience cardiac arrest at home, work or in another public location than Caucasians, and their survival rates are twice as poor as for Caucasians.
- The AHA trains 13 million people in CPR annually, to equip Americans with the skills they need to perform bystander CPR.
- The most effective rate for chest compressions is greater than 100 compressions per minute – the same rhythm as the beat of the BeeGee's song, "Stayin' Alive."

CPR & Sudden Cardiac Arrest (SCA) Fact Sheet

Anyone can learn CPR – and everyone should! Sadly, 70 percent of Americans may feel helpless to act during a cardiac emergency because they either do not know how to administer CPR or their training has significantly lapsed. This alarming statistic could hit close to home, because home is exactly where 88 percent of cardiac arrests occur. **Put very simply: The life you save with CPR is mostly likely to be someone you love.**

Don't be afraid; your actions can only help. **If you see an unresponsive adult who is not breathing or not breathing normally, call 911 and push hard and fast on the center of the chest.**

WHY LEARN CPR?

Cardiac arrests are more common than you think, and they can happen to anyone at any time.

- Nearly 383,000 out-of-hospital sudden cardiac arrests occur annually, and 88 percent of cardiac arrests occur at home.
- Many victims appear healthy with no known heart disease or other risk factors.
- Sudden cardiac arrest is not the same as a heart attack.
 - Sudden cardiac arrest occurs when electrical impulses in the heart become rapid or chaotic, which causes the heart to suddenly stop beating.
 - A heart attack occurs when the blood supply to part of the heart muscle is blocked. A heart attack may cause cardiac arrest.

WHO CAN YOU SAVE WITH CPR?

The life you save with CPR is mostly likely to be a loved one.

- Four out of five cardiac arrests happen at home.
- Statistically speaking, if called on to administer CPR in an emergency, the life you save is likely to be someone at home: a child, a spouse, a parent or a friend.
- African-Americans are almost twice as likely to experience cardiac arrest at home, work or in another public location than Caucasians, and their survival rates are twice as poor as for Caucasians.

WHY TAKE ACTION?

- Failure to act in a cardiac emergency can lead to unnecessary deaths.
- Effective bystander CPR provided immediately after sudden cardiac arrest can double or triple a victim's chance of survival, but only 32 percent of cardiac arrest victims get CPR from a bystander.
- Sadly, less than eight percent of people who suffer cardiac arrest outside the hospital survive.
- The American Heart Association trains more than 12 million people in CPR annually, to equip Americans with the skills they need to perform bystander CPR

SEE A VIDEO, SAVE A LIFE

You can prepare yourself to act in an emergency by simply viewing the [Hands-Only® CPR instructional video](#).

- A study published in the March 8 issue of *Circulation: Cardiovascular Quality and Outcomes* showed that people who view a CPR instructional video are significantly more likely to attempt life-saving resuscitation.
- Hands-Only CPR (CPR with just chest compressions) has been proven to be as effective as CPR with breaths in treating adult cardiac arrest victims.
- The American Heart Association has recommended Hands-Only CPR for adults since 2008.



Cardiac
Arrest
Resuscitation
System

Emergency Response Plan:

Goal: To improve survival from cardiac arrest by 50%

9-1-1		First Responders:		EMS Personnel:	
<input type="checkbox"/>	9-1-1 Dispatches asks: is the patient able to talk and are they are breathing normally (gasping is not normal)	<input type="checkbox"/>	Assess victim for decision to attempt resuscitation or not attempt resuscitation	<input type="checkbox"/>	If first on scene: Assess victim for decision to attempt resuscitation or not attempt resuscitation
<input type="checkbox"/>	Dispatcher recognizes cardiac arrest	<input type="checkbox"/>	Initiate High Quality CPR with focus on: 1. rate 2. depth 3. recoil 4. limiting time off of chest 5. Switch compressors every 2 minutes	<input type="checkbox"/>	If taking over or make decision to attempt resuscitation: Initiate High Quality CPR with focus on: 1. rate 2. depth 3. recoil 4. limiting time off of chest 5. Switch compressors every 2 minutes
<input type="checkbox"/>	Dispatcher sends appropriate units to scene	<input type="checkbox"/>	Attach AED: follow instructions	<input type="checkbox"/>	Attach defibrillator
<input type="checkbox"/>	Dispatcher gives bystander instructions for hands only chest compressions and to get an AED if available: 1. Place heel of hand in center of chest, over breast bone 2. Place other hand on top of that first hand 3. Push hard 4. Push fast *If AED location is known by dispatcher, can send bystander/s to get AED	<input type="checkbox"/>	Consider compressions while AED is charging or resume CPR if no shock is recommended	<input type="checkbox"/>	Consider compressions while defibrillator is charging or resume CPR if no shock is needed
<input type="checkbox"/>	Attach AED if available, follow instructions	<input type="checkbox"/>	Add breathing and airway management after 2 nd shock and 2 rounds of 2 min CPR	<input type="checkbox"/>	Standard and well executed ACLS Protocols including adding breathing and airway manage- ment after 2nd shock and 2 rounds of 2 min CPR
<input type="checkbox"/>	Dispatcher stays on phone until responders arrive	<input type="checkbox"/>	If ROSC, follow Standard and well executed Protocols	<input type="checkbox"/>	Continue efforts until ROSC or until resuscitation is stopped
				<input type="checkbox"/>	If ROSC, evaluate victim for hypothermia protocol
				<input type="checkbox"/>	Transport to appropriate Resuscitation Capable Hospital or Cardiac Arrest Center

Seattle Resuscitation Academy Project Ideas



TRAINING

1. Voice record all resuscitations
2. Video record all resuscitations
3. Monitor and improve CPR density
4. Provide CPR density training
5. Provide CPR density percentages to EMS providers
6. Pre-charge defibrillator during CPR
7. Debrief every VF event in a systematic fashion
8. Provide outcome information to EMS providers
9. Define precise roles of every rescuer and choreograph transitions

DISPATCH

10. Establish telephone CPR QI program
11. Provide special training on recognition of agonal respirations
12. Aggressive telephone CPR – define and measure expectations for number of cardiac arrests with telephone CPR
13. Provide outcome information to dispatchers
14. Establish time goals and measure call processing times
15. Establish time goals: measure arrival at patient to first shock by EMTs
16. Establish time goals and measure time to intubation and time to first IV
17. Determine time intervals between primary PSAP and secondary PSAP
18. Integrate police AED into the EMS system
19. Establish rapid dispatch program

RESPONSE TIME

20. Measure precise moment of first defibrillation (this also allows measurement of time from 911 call to first defibrillation)
21. Debrief every intubation / IV and provide feedback
22. Measure time intervals from 911 call to scene arrival/arrival at patient's side

COMMUNITY (PAD)

23. Data collection to determine when bystander CPR begins and quality of CPR
24. Target and promote PAD
25. Establish PAD registry and register sites with dispatch center

LEADERSHIP

26. Mandate reporting to dispatch center when EMS arrives at patient's side
27. Standardize communication on CA data/QI across multiple providers within an agency or system
28. Establish community CA leadership team with written goals and objectives
29. Establish a foundation with broad community support to help fund training and QI efforts
30. Establish monthly cardiac arrest grand rounds within your organization
31. Establish a foundation or fund raising effort to supporting ongoing QI

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.