



Heart Safe School Toolkit

There are many requirements to think about when building a school CPR-AED program. The following describes the documentation and/or training needed to fulfill those requirements listed on the Heart Safe School Checklist. It may take anywhere from 6-12 months (or longer) to get your program up and running, so many find it helpful to focus on one requirement at a time, set a goal to complete one/two requirements each month and work on it throughout the year, rather than focus on all the missing pieces at once.

All up-to-date implementation documents referenced can be found and downloaded on the Project ADAM national website, www.projectadam.com/Heartsafeschools, and Project ADAM Texas website, www.projectadamtexas.org

HSS Requirement 1: A CPR-AED Site Coordinator is identified who oversees the CPR-AED program activities and training

- **Identify a Project ADAM coordinator at your school**

Selecting a dedicated point person to lead organizational efforts is an instrumental step in creating and maintaining a functional and sustainable program. Typically the school nurse is the coordinator, but when there's not a full time nurse available on campus, appoint someone who is there full time that can organize and lead the annual AED drill and CPR/AED all staff training

HSS Requirement 2: Local Emergency Medical Services (EMS) have been notified of our CPR-AED program

This requirement may be fulfilled in one of two different ways:

- Modify the Local EMS example 1 document below with your school's information and share with your local EMS chief, usually based at the fire department for your county.
- Complete the Local EMS example 2 document below and contact your local Fire, EMS, hospital or Project ADAM affiliate to help identify the appropriate individual to receive this information.

* *Relevant documents:* [Local Emergency Medical Services \(EMS\) example 1](#)
[Local Emergency Medical Services \(EMS\) example 2](#)

HSS Requirement 3: We have a written cardiac emergency response plan (CERP) that is reviewed annually.

- A cardiac emergency response plan (CERP) is a written document that establishes specific steps to take action in a cardiac emergency in a school setting. In 2015, Project ADAM partnered with the American Heart Association and other invested organizations to create a response plan template based on best practices.

You can modify the below pre-existing CERPs and adapt for your school or create your own, based on others criteria. There is no right or wrong CERP, as long as the necessary steps are covered. See below for some examples and/or contact your local Project ADAM Coordinator for additional examples.

**Relevant documents:*

[Cardiac Emergency Response Plan \(CERP\) - Full version, appropriate for a school policy and procedure manual](#)

Cardiac Emergency Response Plan (CERP) - Abbreviated versions, for quick reference or visually posting your response plan:

[Abbreviated CERP example 1](#)

[Abbreviated CERP example 2](#)

[Abbreviated CERP example 3](#)

[Abbreviated CERP example 4](#)

HSS Requirement 4: The placement of the AED(s) makes it accessible from any part of the building or campus within 2-3 minutes.

- Refer to the AED Site Assessment below to relocate your AED(s) to a location that meets this requirement if necessary.

**Relevant documents:*

[AED Site Assessment](#)

HSS Requirement 5: The AED(s) is checked for performance readiness at least monthly or per manufacturer's directions and documented each time

- Develop a plan/utilize the AED Maintenance document below if you don't already have a system in place to track and document maintenance checks. Complete the below School Incident Form and turn it into your local Project ADAM Coordinator anytime the AED is used in an emergency.

**Relevant documents:*

[AED Maintenance](#)

[School Incident Form](#)

HSS Requirement 6: CPR/AED training for the Cardiac Emergency Response Team is updated annually (or every 2 years) and there is a system in place to track retraining.

- **Project ADAM strongly recommends that everyone on your Cardiac Emergency Response Team is CPR certified, however, at the bare minimum, we require every member on the team to have annual Hands Only CPR/AED training with observed compression practice if this not possible and they are NOT certified.** For additional CPR/AED training curriculum and videos, visit <https://www.projectadam.com/ProjectADAM/CPR-Resources>. If you don't currently have a system in place to track training, you can use the below CPR Training Log to satisfy the second half of this requirement.

**Relevant documents:*

[CPR Training Log](#)

HSS Requirement 7: All faculty and staff know where the AED(s) are located and how to access them.

- This can be covered at a staff meeting or as part of the annual all staff awareness training on Sudden Cardiac Arrest (HSS Requirement 8).

HSS Requirement 8: All faculty and staff have annual awareness training on sudden cardiac arrest (warning signs, recognition, communication procedures, other staff roles, etc.) and our school's Cardiac Emergency Response Plan.

- Utilize the Annual School Staff Orientation document if you don't already have a script/content in mind to meet this requirement. You aren't required to use this script to meet this requirement. As long as you cover the above criteria in your annual all staff training, you're free to create/modify the script below to meet your school's needs.

**Relevant documents:* [Annual School Staff Orientation](#)

HSS Requirement 9: AED(s) have clear signage.

- To satisfy this requirement, you can print signage directly off our Project ADAM Texas website (see below relevant documents for a direct link). If you have the ability to laminate the signs, we strongly suggest you do so they last longer on your school walls. When you're posting the signs, think as if you were a visitor who's never been to your school. Could you follow the signage down the hallways to locate the AED(s) in your school in the event of an emergency?

**Relevant documents:* [AED directional signage - letter size](#)
[AED directional signage - legal size](#)

HSS Requirement 10: There is a designated cardiac emergency response team (CERT) comprised of at least 10% of staff or 5-10 people

- This team is comprised of at least 10% of school staff and is expected to keep up-to-date CPR-AED training. Members will also participate in at least one cardiac emergency response drill per year.

If you already have a Medical Response/Emergency Response Team in place at your school, start by asking these staff members. More than likely they're already CPR certified. You can also ask your principal if he/she has suggestions/ideas for who to ask to be on the team. Project ADAM recommends that your team members are scattered throughout the school so you have full coverage and are prepared wherever the emergency occurs. Refer to the below documents as you think about recruiting team members.

**Relevant documents:* [How to form a cardiac emergency response team](#)
[Cardiac Emergency Response Team Roster](#)

HSS Requirement 11: We conduct at least one annual cardiac emergency response drill (AED drill) to test our emergency plan and communication.

- It's normal to feel nervous about conducting your first drill and Project ADAM has step by step instructions to guide you through the process. Your local Project ADAM Coordinator is also available to assist you with your drill, whether it's your first drill or your 100th. If possible, secure/borrow a CPR training manikin and an AED training unit for practicing your AED drill.

**Relevant documents:* [Cardiac Emergency Response Drills](#)
[AED Drill Checklist I](#)
[AED Drill Checklist II](#)
[Cook Children's AED Drill Checklist](#)

HSS Requirement 12: We keep a first responder kit near or attached to the AED which includes: CPR barrier device, scissors, gloves, razor and towel.

- Check your AED(s) to make sure they have all the above materials in them and replace any articles that you don't have to ensure you're properly equipped for emergencies.

HSS Requirement 13: We have a cardiac emergency communication code (overhead page or other) to notify others in the area that an incident is occurring. Staff outside always carry a communication device.

- Talk with your principal and your Cardiac Emergency Response Team to decide what code makes the most sense for your school. Some examples of codes are Code Blue, Code AED, etc. To satisfy the second half of this requirement, "staff outside always carry a communication device," ensure that all staff members carry their cell phone or a walkie talkie on them when they go outside.

HSS Requirement 14: Our school's written cardiac emergency response plan has been shared with extracurricular activities and community groups who utilize our campus.

- Refer to the below relevant documents for details instructions on how to meet this requirement.

**Relevant documents:* [Extracurricular and community groups](#)
[Sample letter to facility users](#)
[Cardiac Emergency Response Plan Poster](#)

It takes time to complete Heart Safe School Designation, so don't be discouraged if you aren't able to complete it as quickly as you hope. Take your time, ask questions and reach out to other schools/school nurses in your district/other districts who have been through

the process to ask for ideas, clarification, etc. For a detailed listing of all Heart Safe Schools and Districts in Texas, visit our website www.projectadamtexas.org