

Security SpotLight

An Informational Guide for Security Clients

Education for Life

Education is key. You can help by learning more and spreading the word to help raise awareness about heart disease and how to prevent it.

- **The American Heart Association website.**
- **The American Heart Association's CPR & Emergency Cardiac Care is inspiring the world to save lives. Millions of healthcare providers and others trust the AHA for their lifesaving training.**
- **February is American Heart Month.**
- **A new study suggests fluctuating personal income may be associated with an increased heart disease risk.**

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Securitas Security
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Heart to Heart

February is known for Valentine's Day, a holiday known for matters of the heart. However, in 1963 the President designated February as "American Heart Month" in the United States to encourage Americans to join the battle against heart disease and cardiac arrest. This designation makes it an especially appropriate time to take life-saving training to heart.

The American Heart Association (AHA) states that anyone can learn CPR and recommends that everyone should. It is a skill that can mean the difference between life and death. The AHA reports that four out of five sudden cardiac arrests happen at home, and that statistically, an emergency requiring the administration of Cardiopulmonary

Resuscitation (CPR) will likely involve a friend, neighbor or family member, making CPR training that much more valuable.

Sudden cardiac arrest (SCA) occurs when a victim's heart unexpectedly stops beating. It can strike quickly and without warning. When this happens, blood stops flowing to the brain and other vital organs. Death can follow within minutes if no treatment is given.

AHA data suggests that each year, about 92 percent of sudden cardiac arrest victims—nearly a quarter of a million people in the United States—die before reaching the hospital. The odds of survival increase dramatically if bystanders provide quick and skilled response to the victim while waiting for emergency

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Securitas Offers Vital Training for Officers

Securitas understands the value of learning urgent care skills and has partnered with the AHA to offer its officers the fundamentals of CPR and AED training online. After completing the online course officers can elect to complete the hands-on training and evaluation with a certified Heartsaver® Skills Evaluator after which they receive a Heartsaver® course completion card that is valid for two years.

Securitas security officers who successfully complete the Heartsaver® course can take their skills to the next level by becoming an AHA Skills Evaluator by successfully completing a Core Instructor course, aligning with an AHA Training Center, and passing evaluations by an AHA instructor.

personnel to arrive. Findings of the Occupational Safety and Health Administration (OSHA) seem to support this. It estimates that when immediate CPR and defibrillation are provided within the first five minutes of collapse, survival rates for SCA victims can be greater than 90 percent.

CPR and AED Skills Save Lives

Studies show that CPR and Automated External Defibrillator (AED) training can save lives. Many organizations, including the American Red Cross, the American

Heart Association, and local emergency services departments, offer certified training courses in CPR and AED. Many companies also provide CPR training, and some may require such certification to be eligible to hold certain positions.

The AHA wants everyone to have the knowledge and skills to feel comfortable in the event of an emergency. Its [website](#) offers a variety of options, including e-learning and online, for CPR, first aid and AED training. Make the most of American Heart Month by enrolling in a course.



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