

# Security SpotLight

## An Informational Guide for Securitas Clients

### Heart Smart Training for Securitas Officers

**Securitas understands the value of learning urgent care skills and has partnered with the AHA to offer the fundamentals of CPR and AED training online as part of its officers' professional development. 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 basic Heartsaver® course can take their skills to the next level by successfully completing a Core Instructor course, aligning with an AHA Training Center, and passing evaluations by an AHA instructor to become an AHA Skills Evaluator.**

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Securitas Security  
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## Have a Heart

Most people associate February with Valentine's Day, a holiday that made the heart iconic. In the United States, February also has another connection to the heart. In 1963 the U.S. President designated February as "American Heart Month" to draw attention towards the battle against heart disease and cardiac arrest. This designation makes the month a particularly appropriate time to take life-saving training to heart.

According to the American Heart Association (AHA), anyone can and everyone should learn CPR. This knowledge can mean the difference between life and death. Being equipped with life-saving skills can be an asset in the workplace. The AHA reports that four out of five sudden cardiac arrests

happen at home, and data shows that an emergency requiring the administration of Cardiopulmonary Resuscitation (CPR) will likely involve a friend, neighbor or family member. Such statistics underscore the importance of CPR training.

The term Sudden Cardiac Arrest (SCA) describes when a heart unexpectedly stops beating. As indicated by the name, it strikes quickly and without warning. SCA causes blood to stop flowing to the brain and other vital organs. Without treatment, death can follow within minutes.

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—

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## *Knowledge is the Gift of Life*

**Education is key. Give the gift of life by learning more and sharing your knowledge 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](#) offers multiple training options on a variety of topics. It includes a useful locator tool to help you find instructor-led training near you.**
- **Learn the difference between cardiac arrest and a heart attack and the actions that should be taken in each case in a helpful [infographic](#) from the AHA.**
- **Read about the latest studies and get more [Heart and Stroke News](#) you can use, courtesy of the AHA.**

die before reaching the hospital. The odds of survival increase dramatically if quick and skilled first aid is administered to the victim until emergency personnel can arrive. Findings by the Occupational Safety and Health Administration (OSHA) seem to support this assessment. It estimates that when CPR and defibrillation are provided within the first five minutes of collapse, survival rates for SCA victims can be greater than 90 percent.

## **The Importance of CPR and AED Skills**

Several studies have found a positive correlation between CPR and Automated External Defibrillator (AED) training and a non-fatal outcome in a cardiac event.

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 a medical emergency. Its [website](#) offers a variety of options, including e-learning and online, for CPR, first aid and AED training. Take advantage of the resources available to learn more and consider enrolling in a course during American Heart Month.



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For more information on this and other security related topics, visit the Securitas Safety Awareness Knowledge Center at <http://www.securitasinc.com/en/knowledge-center/security-and-safety-awareness-tips>