

HeartSafe Community Designation

The City of San Ramon, Town of Danville and the San Ramon Valley have been designated a “HeartSafe Community” in Contra Costa County. Such a designation is earned by achieving points or “Heartbeats” for prevention and treatment programs for victims who suffer sudden cardiac arrest (SCA) and when all elements of the Cardiac Chain of Survival are place.



These elements include:

1. Early access to the 9-1-1 system
2. Early CPR
3. Early use of a Automated External Defibrillator (AED)
4. Early advanced medical care

These four elements are critical in increasing survival rates of SCA.

In partnership with the San Ramon Valley Emergency Preparedness Citizen Corps Council, the City of San Ramon has been working to educate citizens and business owners on the importance of CPR and the use of an (AED). Coupled with the quick response of trained emergency personnel and advanced medical care, these factors have helped elevate our survival rates above the national average.

In the past few years we have:

- Placed over 175 AED's in the SR Valley, including schools, community centers and police patrol vehicles
- In 2010, trained over 600 citizens in the use of CPR
- Provided public education on how to maintain a heart-healthy lifestyle, better nutrition and exercising

The HeartSafe designation is just the beginning of the work that needs to be done to reduce the risk of sudden cardiac arrest, making CPR and AED use more widespread and educating our valuable citizens on how to maintain a heart-healthy lifestyle. If you are interested in learning about CPR and how to use an AED, you can sign up for a course by visiting: www.firedepartment.org

In the spirit of “Gov 2.0” the San Ramon Valley Fire Protection District (SRVFPD) announced the release of an innovative new location-aware iPhone application. The new app empowers everyday citizens to provide life-saving assistance to victims of Sudden Cardiac Arrest (SCA). Application users who have indicated they are trained in cardiopulmonary resuscitation (CPR) can now be notified if someone nearby is having a cardiac emergency and may require CPR. If the cardiac emergency is in a public place, the application, using sophisticated GPS technology, will alert citizens in the vicinity of the need for CPR. The application also directs these citizen rescuers to the exact location of the closest public access Automated External Defibrillator (AED).

The application is currently available to anyone free of charge.

Visit <http://www.firedepartment.mobi> for additional information. To try the application for yourself, simply search “fire department” at the Apple App Store.