

# IS YOUR SCHOOL PREPARED FOR A SUDDEN CARDIAC EMERGENCY?

Preparing for sudden cardiac arrest



The most crucial components for saving a life in the event of a sudden cardiac arrest are the presence of someone who can perform CPR, access to an automatic external defibrillator (AED), and established plans for how to respond to medical emergencies in schools and public buildings. Well-implemented sudden cardiac arrest preparedness programs ensure the best chance of survival.

**Project ADAM (Automated Defibrillators in Adam's Memory) San Diego, California** is a program administered by Rady Children's Hospital San Diego to help prepare schools for sudden cardiac emergencies.

## **Project ADAM is designed to:**

- provide education and support to schools on sudden cardiac arrest and proactive preparedness strategies
- advocate for CPR and AED training for school personnel and age-appropriate students
- collaborate with California Department of Health and Human Services, community partners and foundations to help schools achieve the CA HeartSafe School designation
- raise awareness about cardiac arrest in the young
- advocate for best practices and cardiac risk assessment in children and youth
- partner with physicians and other health care professionals to promote sudden cardiac arrest preparedness work in California communities

**Project ADAM California's goal is to have all schools in California establish effective sudden cardiac arrest preparedness procedures to help prevent the tragedy of sudden cardiac death in children.**

For more information on Project ADAM California, visit [rchsd.org/ProjectADAM](http://rchsd.org/ProjectADAM), email [RRao@rchsd.org](mailto:RRao@rchsd.org) or [alaymon@rchsd.org](mailto:alaymon@rchsd.org)



**Project ADAM**  
SAVES LIVES