What is Project Heart Start? [www.projectheartstartnm.org](http://www.projectheartstartnm.org)

**Mission:** Project Heart Start (PHS) is dedicated to saving lives of victims of out-of-hospital cardiac arrest through teaching all capable citizens to perform the new compression-only CPR. A second goal is to encourage, facilitate placement and proper utilization of Automated External Defibrillators (AED). Project Heart Start training takes 40 minutes.

**Project Heart Start Goal:** All capable citizens in New Mexico are trained in compression-only CPR.

**APS Goal:** All capable APS affiliates will receive training in compression-only CPR.

### Steps for a Project Heart Start Training

<table>
<thead>
<tr>
<th>Steps</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Choose a date to conduct lesson</td>
</tr>
<tr>
<td>2.</td>
<td>Fill out the Project Heart Start Training Materials Request Form. Download your request forms at <a href="http://www.aps.edu/staff/employee-wellness/">http://www.aps.edu/staff/employee-wellness/</a>. Complete form two weeks prior to event, and send to: Katherine Chavez, Employee Wellness Manager <a href="mailto:Employee.wellness@aps.edu">Employee.wellness@aps.edu</a> Interoffice Mail: APS Alice &amp; Bruce King Education Complex (City Center) Suite 200 East</td>
</tr>
<tr>
<td>3.</td>
<td>Health Educator/Facilitator: View the Facilitator Training DVD</td>
</tr>
</tbody>
</table>
| 4. | Conduct the training  
  - Introduce training  
  - Hand out pre-test for participants to complete  
  - Participants view the 12 minute KOAT Project Heart Start Video (Large TV/ DVD, or Projector, or Promethean Board Needed)  
  - CPR Certified Facilitator Demonstrates compression-only CPR and AED skills  
  - Conduct student skill session/practice (Led by certified CPR/AED facilitator)  
  - Participants to complete post test and facilitator review answers. |
| 5. | Send completed student surveys to: Katherine Chavez, Employee Wellness Manager, APS Interoffice Mail: APS Alice & Bruce King Education Complex (City Center) Suite 200 East |
| 6. | Document the training via Survey Monkey at: [https://www.surveymk.com/S/GBL7XCR](https://www.surveymk.com/S/GBL7XCR) (7 questions will take approximately 2-3 minutes) |
1. General Information

<table>
<thead>
<tr>
<th>School</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Teacher Name</td>
<td></td>
</tr>
<tr>
<td>Teacher Contact (Phone/Email)</td>
<td></td>
</tr>
<tr>
<td>Date of Training</td>
<td></td>
</tr>
<tr>
<td>Number of Employees/Students/Community to be trained</td>
<td></td>
</tr>
</tbody>
</table>

2. **Project Heart Start Facilitator Information:** (NOTE: Facilitator is defined as people who use CPR as part of their job. They can be firefighters, nurses, EMTs or even medical students. (Or) Individuals Certified in CPR/AED.)

   _____ I have or I am a Project Heart Start Facilitator (Certified in CPR/AED).

   **Project Heart Start Facilitator Name:** ________________________________

   **Project Heart Start Facilitator Contact Information:**
   ________________________________ ________________________________
   Phone                     Email

   (Note: School Nurses and Health Assistances are CPR/AED certified and may be willing to help facilitate student training)

   _____ I need a Project Heart Start Facilitator

3. I need CPR Manikins:  ____ No  ____ Yes – **Number needed** ____

   (Note: American Heart Association recommends 1 manikin per every 3 students in a class)

4. I need Facilitator Training DVD  ____ No  ____ Yes

5. I need Participant Training DVD  ____ No  ____ Yes

**Submit this form to:**
Katherine Chavez, APS Employee Wellness Manager
Employee.wellness@aps.edu
Fax 889-4885
or Interoffice mail to: APS Alice & Bruce King Education Complex (City Center) Suite 200 East

Any questions or to obtain additional information, contact: Katherine Chavez, APS Employee Wellness Manager- Phone: 899-4895 or employee.wellness@aps.edu