

## WHAT IS PROJECT ADAM?

Adam Lemel was a high school senior in 1999 when he collapsed from sudden cardiac arrest (SCA) while playing in a varsity basketball game. No automated defibrillator was available and Adam did not survive.

Adam's parents and the community rallied to bring awareness to the topic and created Project ADAM, a nationwide initiative that educates on the risk of SCA to help save lives. Since being founded, Project ADAM has trained tens of thousands on CPR and AED use. So far, over 200 lives have been saved by this program.

## Automated Defibrillators in Adam's Memory

Each year, there are more than 350,000 sudden cardiac arrest (SCA) events that take place in the U.S. and over 7,000 of those cases are pediatric. Given that approximately 20 percent of a community is in its schools on any given day – including students, teachers, staff and family members – it's essential for schools to have a response plan. The survival rate can increase up to 70 percent when an AED and action plan is in place. Project ADAM prepares schools and community centers for SCA events.



To learn more about Children's involvement with Project ADAM, or to make a school or community center 'Heart Safe', visit

[ChildrensNebraska.org/ProjectAdam](https://ChildrensNebraska.org/ProjectAdam)



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## HEART SAFE SCHOOL DESIGNATION



**Project ADAM**<sup>®</sup>  
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## HEART SAFE DESIGNATION

Children's Nebraska is a Project ADAM affiliate healthcare site and has the goal to make every school in the state 'Heart Safe'. To reach 'Heart Safe' status, schools and community centers participate in a certification process and perform regular drills to practice the skills needed for the event of sudden cardiac arrest. Children's is working in collaboration with schools, community centers and local Emergency Medical Services (EMS) to bring Project ADAM into your community.



### What does it mean to be 'Heart Safe'?

- Have AEDs on site with adequate signage and a first responder kit
- Identify and develop a cardiac emergency response team and plan
- Provide and maintain education and training for all stakeholders
- Activate and analyze cardiac emergency response drills
- Review the plan annually for sustainability
- Inform the community through outreach and community resources

## HOW TO BECOME HEART SAFE

Children's has the goal of making every school in Nebraska 'Heart Safe'. To start the process for your school or organization, scan the QR code below and complete the 'Heart Safe Designation Interest Form'.



### What to expect:

- Our Project ADAM Coordinator will reach out to implement the 'Heart Safe' process.
- Complete all 'Heart Safe' checklist items for your school or organization.
- Once all items are complete, the Project ADAM Coordinator will work with you to plan a 'Heart Safe' designation event.
- Redesignation will take place every two years.

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## THE PROJECT ADAM TEAM AT CHILDREN'S NEBRASKA



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