

Is Your Workplace Cardiac-Ready?

A quick self-audit checklist | Pulse CPR and First Aid School

1. People

- ☐ We know how many current employees hold active CPR/AED certification.
- ☐ We track certification expiration dates (AHA/Red Cross cards expire every 2 years).
- ☐ At least one certified person is present on every shift, not just during business hours.

2. Equipment

- ☐ We have a visible, accessible AED on-site.
- ☐ Staff know the exact physical location of the AED without having to ask.
Nationally, only about half of employees can locate their workplace AED.
- ☐ Our AED is inspected/tested on the manufacturer's recommended schedule.
- ☐ Local EMS has been notified of our AED's location (recommended in GA & SC).

3. Readiness

- ☐ New hires are told what to do in the first 60 seconds of a medical emergency.
- ☐ We have a written emergency response plan that includes cardiac events.
- ☐ We've reviewed our state's Good Samaritan protections with our team.
Georgia: O.C.G.A. Sec 51-1-29 protects good-faith responders from civil liability.
- ☐ We've scheduled (or renewed) group CPR/AED training in the last 2 years.

Why this matters:

About 10,000 cardiac arrests happen in U.S. workplaces every year (OSHA). Immediate bystander CPR can double or triple a person's chance of survival (AHA). Most cardiac arrests are unwitnessed or unassisted simply because the people nearby weren't sure what to do.

Pulse CPR and First Aid School

AHA-certified CPR, BLS, First Aid, and onsite corporate group training across the CSRA.
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