



# Heart Safe-Ramsey

*Don't Wait for the Help...  
Be the Help!!*

## **WELCOME TO HEART SAFE-RAMSEY**

Our mission is to increase survival rates of SCA (sudden cardiac arrest) by educating the public in quality CPR (cardiopulmonary resuscitation) and correct use of an AED (automated external defibrillator). We also want to help ensure proper coverage of public access defibrillators in our City.

- Championed by a SCA survivor, along with the Ramsey Police and Fire Departments and the Ramsey City Council.
- Heart Safe programs are supported by Allina, Medtronic and the American Heart Association.
- **We offer free bystander CPR and AED classes to all Ramsey residents and businesses.**
- We are here to create a healthier and safer community.

## **WE ACCEPT DONATIONS:**

If you are interested in making a contribution to the Heart Safe-Ramsey program, donations can be sent to:

### The City of Ramsey Foundation

PO Box 234  
Ramsey, MN 55303

Please do not make checks out to the City of Ramsey.

As a 501c3 organization, donations to Heart Safe-Ramsey are tax deductible.

## **RAMSEY– A HEART SAFE COMMUNITY**

### **FREE BYSTANDER CPR AND AED TRAINING**

- Free to all Ramsey residents and businesses.
- Learn bystander CPR and how to use an AED.
- Learn the difference between a heart attack and SCA.
- Learn about the Good Samaritan law.
- See the international award winning video (ECCU-2014) about a local SCA survivor.

For information on where Heart Safe-Ramsey will be hosting training sessions, or to request a session for your group, please contact us at [savedbycpr@hotmail.com](mailto:savedbycpr@hotmail.com), or visit our website and Heart Safe–Ramsey Facebook page.

Please note this is not a recertification class; it is intended to teach bystander CPR and AED use. You are protected by the Good Samaritan law regardless of certification status.

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Please connect with us for more information:

Website: [www.cityoframsey.com/heartsafe](http://www.cityoframsey.com/heartsafe)

Email: [savedbycpr@hotmail.com](mailto:savedbycpr@hotmail.com)

Phone: 763-438-2416

YouTube video: <https://www.youtube.com/watch?v=pOaCxzDINhw>

Facebook: Ramsey Heart Safe

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