

# About Anyone Can Save A Life

This program is a first-of-its-kind emergency action program for after-school practices and events. It is designed to provide a coordinated response to every emergency, including sudden cardiac arrest (SCA), a leading cause of death among adults and student athletes nationwide.

By implementing **Anyone Can Save A Life** – and establishing Student Response Teams – your school is empowering students to be part of the coordinated response necessary to ensure the best possible outcome to every emergency.

**The goal is to save lives by immediately responding to life-threatening emergencies with a simple protocol:**



**Calling 911 to alert the Emergency Medical System (EMS)**



**Early cardiopulmonary resuscitation (CPR)**



**Early use of an automated external defibrillator (AED)**



**Early transition to EMS**

Emergencies go hand-in-hand with after-school participation, so it is not a matter of if an emergency will happen, it's a matter of when. By having an Emergency Action Plan (EAP) in place, you are preparing your school community to respond immediately to get the help that is needed.

*Anyone Can Save A Life* was originally developed and released in 2008 as a joint effort of the Minnesota State High School League and the Medtronic Foundation. This newly updated national version, funded by the NFHS Foundation, is designed to be a turn-key solution for every school wishing to implement an emergency action plan program for after-school practices and events.

## Everything You Need to Implement the Program

This guide will walk you through the steps necessary to implement **Anyone Can Save A Life** in your school. It provides resources to put an EAP in place, train staff, and educate students and parents. Each tab contains all the instructions, handouts, and forms you need to implement the program. In addition, there are additional resources that cover all aspect of preparing your building and training your staff to handle life-threatening emergencies.



**If your school needs additional AEDs to meet the 3-minute goal throughout your school campus, contact your district's Health and Safety Coordinator or designee to investigate funding options. Grants may be available.**

Handouts and resources can be downloaded electronically at:

[www.anyonecansavealife.org](http://www.anyonecansavealife.org)