

# Healthy Heart Schools' Program

**WHAT WE DO**

• HeartCORE

• Healthy Heart Schools' Program • Healthy



Community Preparedness • Workplace Wellness

Daily Living (HDL) Program • Diagnostic Program

Outcomes for Community Preparedness and Safety Module

# Connecting Risk Factors to Cardiac Events

# 01

Module 1: CPR and AED Heart Health Resource Module



Heart  
NIAGARA

[heartniagara.com](http://heartniagara.com)

# Connecting Risk Factors to Cardiac Events

- Defining modifiable and non-modifiable risk factors for cardiac events
- Managing risk factors through nutrition and physical activity
- C2.1 Making healthy heart changes to reduce their modifiable risk factors and risk for cardiovascular disease such as nutrition and exercise

# Early Recognition and Early Access

# 02

Module 1: CPR and AED Heart Health Resource Module



Heart  
NIAGARA

[heartniagara.com](http://heartniagara.com)

# Early Recognition and Early Access

- Early recognition - signs and symptoms of a heart attack and stroke
- Early access - the first 10 minutes are crucial in treating a heart attack or stroke
- A3.1 demonstrate behaviours and apply procedures that maximize their safety and that of others
- A3.2 demonstrate an understanding of how to deal with emergency situations

# Cardiopulmonary Resuscitation (CPR) and AED Use

# 03

Module 1: CPR and AED Heart Health Resource Module



Heart  
NIAGARA

[heartniagara.com](http://heartniagara.com)

# Cardiopulmonary Resuscitation (CPR) and AED Use

- Define CPR and the steps to take to perform CPR
- CPR during COVID-19
- Locating and using an AED
- A3.3 demonstrate an understanding of cardiopulmonary resuscitation (CPR) techniques and when and how to use them



# What is a concussion?

# 04

Module 2: Concussion Education



Heart  
NIAGARA

[heartniagara.com](http://heartniagara.com)



# What is a concussion?

- Define what a concussion is
- Sign and symptoms of concussions - including red flag symptoms
- C1.3 Recognizing the signs and symptoms of a concussion and ensuring the proper treatment and recovery

# Diagnosis, Treatment and Recovery

# 05

Module 2: Concussion Education



Heart  
NIAGARA

[heartniagara.com](http://heartniagara.com)

# Diagnosis, Treatment and Recovery

- Diagnosing a concussion using cognitive and physical symptoms
- Treatment and recovery from a concussion
- C1.3 Recognizing the signs and symptoms of a concussion and ensuring the proper treatment and recovery



# Return to Sport and Prevention

# 06

Module 2: Concussion Education



Heart  
NIAGARA

[heartniagara.com](http://heartniagara.com)

## Return to Sport and Prevention

- Return to sport should not occur until medical clearance is provided
- Preventing concussions may not always be possible, but proper precautions such as protective equipment should be taken

WHAT WE DO

• HeartCORE

• Healthy Heart Schools' Program • Healthy

# Heart Niagara

4635B Queen Street  
Niagara Falls, Ontario L2E 2E7  
Phone: 905-358-5552  
[www.heartniagara.com](http://www.heartniagara.com)



@heartniagara



@heartniagara



@heartniagara

Community Preparedness • Workplace Wellness

Daily Living (HDL) Program • Diagnostic Program