

## Singapore Heart Foundation launches Asia's first ever CPR Kiosk

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**8 out of 10 Singaporeans have good knowledge on heart diseases yet 48% do not partake in any physical exercise ? Singapore Heart Foundation's Heart Health Survey 2018 results**



**Singapore** – In commemoration of National Heart Week/World Heart Day (NHW/WHD) 2018, Singapore Heart Foundation (SHF) aims to organise a full-day event at Toa Payoh HDB Hub Atrium. The event aims to create a heart-healthy platform for Singaporeans to get together and engage in fun-filled and interactive activities that are good for the heart. Through this, SHF hopes to continue raising awareness on the risks of cardiovascular disease and the simple lifestyle changes Singaporeans can adopt for better heart health. Amrin Amin, Senior Parliamentary Secretary, Ministry of Home Affairs & Ministry of Health and MP for Sembawang GRC will be present as Guest of Honour.

### **Launch of Asia's first ever CPR self-learning kiosk in Singapore**

On 29 September, Singapore Heart Foundation working in collaboration with the Singapore Resuscitation and First Aid Council (SRFAC), will launch the first ever CPR self-learning kiosk in Asia, which brings hands-only CPR training opportunities to members of the public. This is also in line with the celebration of World Restart A Heart Day on 16 October 2018 – a global initiative to increase cardiac arrest awareness and bystander CPR rates nationwide. With the belief that everyone has the ability to save a life, the CPR kiosk aims to raise awareness of this important life-saving skill and increase the number of people trained in CPR. These kiosks can be found at various public locations around Singapore, such as shopping malls, cinemas, hospitals and schools (see Annex for the list of locations).

In Singapore, on average, there are over 2,000 out-of-hospital cardiac arrests that occur every year. In fact, 7 out of 10 of these out-of-hospital cardiac arrests happen at home, and with every minute that goes by, the victim's chance of survival decreases by 7 to 10%. It is therefore imperative that more Singaporeans are CPR+AED trained, and have the confidence to respond when the situation arises. With the launch of the CPR kiosks, SHF hopes to help the community build up its capabilities in CPR and AED skills, and ultimately increase the bystander response rate, which is currently at 54% in Singapore.

### **Red Light Up for NHW/WHD 2018**

Singapore will be supporting the global movement of illuminating iconic buildings and landmarks in red. Red symbolises the colour of health, life and vibrancy – but it can also serve as a warning and a red alert, to beware of the red flags, i.e. the warning signs and symptoms of CVD.

This year there are 9 locations that will be lit up including the Singapore Flyer, Maybank Tower, Millenia Tower, Suntec Singapore Convention & Exhibition Centre and Suntec City, Marina Square, OCBC Centre, Helix Bridge, Cavenagh Bridge and Ocean Financial Centre.