



Austrian Cardiac Arrest
Awareness Association

www.puls.at

Our Mission

PULS is an independent non-governmental organisation, committed to fighting sudden cardiac death / cardiac arrest. Our aims are to raise awareness, provide education and support and conduct science. Every minute without chest compressions reduces the cardiac arrest survival probability by 10%. The time until professional help arrives **MUST** be covered by laypersons, who thus make a difference between life and death.

We want to make Austria "HEARTsafe", bit by bit.

This requires not only courageous layperson helpers but also a network of publicly accessible, automated, external defibrillators (AED, "Defi"). PULS coordinates their installation and upholds the "Defi Network". For an overview of PULS as an organisation, scan this QR-code:



The involvement of partner organisations makes our actions powerful.

PULS cooperates with various official emergency organisations, universities, professional societies and medical technology companies; and is also a member of "Die Helfer Wiens" (a public safety collaboration in Vienna). All projects are based on scientific principles and comply with international guidelines.



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**To achieve our
goals, we rely on a
mix of communication
channels.**

We offer low-threshold, target group-oriented training opportunities. Through information and education we want to create awareness towards sudden cardiac death and cardiopulmonary resuscitation (CPR) including the use of an defibrillator.



**We want to
establish a “Culture
of Helping”.**

Raised awareness and continuous education encourages people to help in an emergency. Starting with educating children, with the goal to implemented helping as part of our culture.

Projects

With the implementation of our projects, we contribute to a region-wide network of ready-to-use, permanently available defibrillators and create awareness for sudden cardiac death and CPR.



HEARTsafe viennese living

Within the framework of this pilot project, 36 defibrillators were installed in community buildings of Wiener Wohnen, as an important contribution to the safety of the residents of about 30,000 flats.



HEARTsafe viennese markets

Defibrillators from the Market Office help to make Vienna's markets and their outposts, which are frequented by 360,000 people every week, HEARTsafe.

Elective subject of the MedUni Vienna

In the elective course "Learning by Teaching Life-Saving Immediate Measures" at the Medical University of Vienna, medical students are prepared theoretically and practically for teaching CPR to various different focus groups.



Courses for refugees and migrants

Together with translators and key figures from the respective communities, CPR courses are held for novel population groups.



For further information on our projects please visit www.puls.at/projekte



Viennese Police First Responders

Defibrillators in police stations and in police cars are the heart of the project initiated by PULS and the Vienna Police Force. Since the start of the project, the number of survivors has been steadily increasing. For the study see QR-Code.



School project "I can save lives"

"Saving lives" is going to school in Vienna: with the project "I can save lives!" the City of Vienna, in cooperation with the "Helfer Wiens" and PULS, is doing pioneering work in early education for young people.



Defi phone booth and Defi pillar

Defis, telephone booths and digital advertising media complement each other ideally, especially in an emergency. This means that more defibrillators can be made available around the clock.



Lifesaver-App

Become a lifesaver and install the Lebensretter-App on your phone. In the event of a cardiac arrest, all available first responders within a radius of 400 meters will be informed.

Supporters

We would like to thank our supporters who contribute significantly to the success of our projects through their commitment.

Testimonials



Alexander Van der Bellen
Federal President of Austria

Armin Assinger
TV presenter

Thomas Brezina
Famous Austrian bestselling author of children's and youth books

Michael Häupl
Past Mayor of the City of Vienna

Hans Krankl
Austrian and international Football legend

Michael Ludwig
Current Mayor of the City of Vienna

Markus Müller
Dean, Medical University of Vienna

Herbert Prohaska
Austrian and international Football legend

Gerhard Pürstl
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Medical University of Vienna

Markus Winnisch
Herz Jesu Hospital,
Vienna



For further testimonials please see
www.puls.at/puls-botschafter



"My own experience has shown me how important a functioning rescue chain is: My friend and colleague started with CPR, then professional paramedics arrive, followed by the emergency doctor and helicopter. I was incredibly lucky. I support the work of PULS because, when the worst happens, every minute counts – and not all affected people are so lucky ..."

Werner Gruber

Director, Planetarium Vienna, Kuffner & Urania Sternwarte

"Every second counts in the event of cardiac arrest. For many years, the association PULS has been raising awareness for this issue, organizing training and ensuring that defibrillators are quickly available throughout the city. It is an honour for me to be an ambassador."



Peter Hacker

Vienna City Councilor for Health



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About Us

At the Vienna PULS-Office, our team takes care of all questions related to layperson CPR. We advise on defibrillation projects and are happy to support training initiatives.



Executive Board



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Hans Wehsely
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Mario Krammel
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Sebastian Schnaubelt
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For further information please visit
www.puls.at/Vorstand



www.puls.at/team



www.puls.at/en



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