

GIVE A BEAT

*Turning
bystanders
into first
responders*

Across Australia each year, approximately 30,000 individuals experience an out of hospital cardiac arrest. 7,500 occur in New South Wales alone.

09 Survival from out of hospital cardiac arrest is less than 9%

10 For every minute that passes, the individual's chance of surviving decreases by 10%

04 Without any response of CPR, brain damage can start to occur within 4 minutes

08 With no CPR or defibrillation, there is little chance of surviving cardiac arrest past 8-10 minutes

10 Average response times of Ambulance in Metro Sydney is approximately 10 minutes

The number of
people it takes to
make a difference

HOST PARTNER LEARN BUY GIVE

The Michael Hughes Foundation (MHF) is an Australian charity focussed on increasing community action, in response to cardiac arrest, and being an active advocate for increasing survival rates of this health issue

BUY You can buy high quality first aid products and equipment including defibrillators and first aid kits. All products are supported with training, maintenance and re-stocking services

GIVE Become a regular donor of MHF. 100% of donations from our regular giving program are used to donate defibrillators and training services to communities across New South Wales

LEARN Get 10 or more people together for an accredited first aid course! Courses are tailored with no pre-online learning, are hosted on site and delivered by our experienced MHF Team/Paramedics. All training is delivered under the auspices of Healthcorp Pty Ltd RTO 91222

HOST Host a fundraising event to support MHF. We can partner with you for any number of fundraising activities including golf days, gala dinners, sports challenges, Guinness Records and in-house corporate events

PARTNER Organisations of all sizes can partner with MHF for the creation of Heartsafe Communities within their businesses and across their community. This partnership strengthens the Cardiac Chain of Survival and increases both the necessary equipment along with community confidence and strategies to act quickly with core skills of CPR and using a defibrillator

***Be the one
to give a beat
enquire now
mhf.life***