

FIRST AID: Heart Attack

A heart attack is a blockage in a coronary artery caused by a clot, plaque or spasm of artery resulting in tissue death.

SIGNS AND SYMPTOMS OF A HEART ATTACK:

- *Shortness of breath*
- *Vomiting*
- *Paleness, profuse sweating and other signs of shock.*
- *Unconsciousness*
- *Numbness, tingling in arms*

FIRST-AID FOR A HEART ATTACK:

- *Perform EMS and contact 911.*
- *Check Airway, Breathing and Circulation and if necessary, start AR (Artificial respiration) and AC artificial circulation.*

THE CHAIN OF SURVIVAL:



1. *Early recognition & access to EMS*
2. *Early CPR*
3. *Early Defibrillation*
4. *Effective advanced cardiac care*
5. *Integrated post cardiac arrest care*

Note: Angina sufferers may have medication to take to relieve pain. First aider should help casualty take the pill or spray used in the mouth or apply chest patch. Have person sit or lie down.

5 Rights to be observed when taking medication:

RIGHT PERSON RIGHT MEDICATION RIGHT AMOUNT
RIGHT METHOD RIGHT TIME