

## Heart Attack

### Signs & symptoms

The warning signs of heart attack vary and usually last for at least 10 minutes.

The casualty may get more than one of these symptoms:

- ▶ Discomfort or pain in the centre of the chest. It may come suddenly or start slowly over minutes. It may be described as tightness, heaviness, fullness, squeezing.
- ▶ Severe, moderate or mild pain.
- ▶ Pain may spread to the neck, throat or jaw, shoulders, the back, and either or both arms.

### Other signs and symptoms

- ▶ Shortness of breath
- ▶ Sweating
- ▶ Nausea / vomiting
- ▶ Dizziness

### What to do

- 1. Follow DRSABCD**
- 2. Advise casualty to rest**
  - ▶ Advise casualty to immediately stop what they are doing, and sit or lie down and rest.
- 3. Casualty to take medication**
  - ▶ If casualty has been prescribed medication such as a tablet or oral spray for angina, get it and assist the casualty in taking it as they have been directed.
- 4. Seek urgent medical attention**
  - ▶ If unconscious, follow **DRSABCD**
  - ▶ If symptoms last 10 minutes, get worse quickly or are severe, call triple zero (000) for an ambulance immediately.
- 5. Give aspirin**
  - ▶ Give 300mg (one tablet) of aspirin with water. Do not give aspirin to those allergic to it or if their doctor has warned them against taking aspirin.
- 6. Stay with the casualty and monitor vital signs**
  - ▶ Monitor consciousness, breathing and movement, and be prepared to give CPR.



### First Aid

In a medical emergency call **Triple Zero (000)**

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**Book a first aid course with St John Ambulance today and be prepared in case of an emergency.**