

## *Heart Attack*

### **Symptoms and signs:**

- Sudden and extreme crushing pain in the centre of the Chest – it may spread to the arms, throat, jaw or back.
- Sudden dizziness causing the person to stop and lean on something for support.
- Pale skin and blue lips.
- Sweating may develop.
- The person may become breathless.
- Fast pulse becoming weaker and irregular.
- Symptoms and signs of shock (*See treatment of Shock Page*).
- The casualty may become unconscious.
- Breathing and heartbeat may stop.

### **THE EMERGENCY AID FOR A HEAT ATTACK IS:**

The heart should not be allowed to do any unnecessary works.

You should insist that the casualty does not move at all without help.

If conscious, gently support and place the person in a half sitting position with head and shoulders supported and knees bent.

Loosen tight clothing round the neck, chest and waist.

If available, get the person to  
***CHEW ONE ASPIRIN TABLET.***

If the person becomes unconscious but is breathing normally, place in the “Recovery position” (*See Emergency Aid page*).

If breathing and heartbeat stop, apply mouth-to-mouth breathing (*See Mouth to Mouth breathing page*) and chest compressions (*See Circulation page*).

Treat for shock (*See treatment of Shock page*).

Check breathing rate, pulse and levels of responsiveness at ***10 MINUTE INTERVALS.***  
(*See treatment of unconscious victims’ page*)

***REMOVE TO HOSPITAL IMMEDIATELY.***

