HEART ATTACK

“Usually” a crushing pain in the chest.
- Often wraps around the body like a tight band.
- May spread to, or just affect the arms, throat, neck, jaw, back or stomach.
- Does not go away with rest.

The person may also be breathless, look pale and sweaty and feel sick, weak or dizzy.

WHAT TO DO:
Get help immediately
- especially if pain has lasted more than 15 minutes.
Sit the person in a comfortable position.

PHONE 999 FOR AN AMBULANCE AND THEN PHONE THEIR DOCTOR
To help an unconscious person follow instructions on the other side of this card.

LEARN WHAT TO DO
British Heart Foundation
14 Fitzhardinge Street,
London W1H 6DH
Registered Charity No. 225971
CARDIOPULMONARY RESUSCITATION (CPR)

CHECK

DANGER — Approach with care.

RESPONSE — Is the casualty conscious?
— Gently shake and shout loudly “are you alright?” If no response, shout for help.

AIRWAY — Open by tilting head back and lifting chin.

BREATHING — Look, listen and feel for signs of breathing.

ACTION

If unconscious and NOT breathing

PHONE 999 FOR AN AMBULANCE
Then turn casualty onto back.

KEEP AIRWAY OPEN AND GIVE 2 RESCUE BREATHS
Pinch nose closed, take a breath, make a firm seal around the mouth and breathe steadily into casualty. Make sure chest rises and falls.

CHECK

CIRCULATION Look, listen and feel for normal breathing, coughing or movement.

ACTION

If there are NO signs of a circulation or you are unsure

START CHEST COMPRESSION
Find the lower half of breastbone. Place the heel of one hand there and the heel of the other hand on top. Interlock your fingers. Depress and release breastbone 4 to 5 cms (1\% to 2 inches), 15 times. Do this at the rate of about 100 per minute, that’s faster than 1 per second.

REPEAT 2 BREATHS AND THEN 15 COMPRESSIONS.

KEEP GOING UNTIL:

● CASUALTY SHOWS SIGNS OF LIFE
● PROFESSIONAL HELP ARRIVES
● YOU BECOME EXHAUSTED