

# Your quick action could save a life!



Tip sheet

## Heart Attack

Heart attacks occur when the blood supply to the heart is insufficient, and typically results in the death of part of the heart muscle. Heart attacks can be mild to severe and can result in death.

### SIGNS AND SYMPTOMS

- Persistent discomfort, pain or pressure in chest
- Pain that may spread to neck, jaw, shoulder or arm
- Shortness of breath, dizziness, lightheadedness
- Feeling of impending doom, pale skin, sweating

*Women may exhibit different symptoms:  
nausea or vomiting, back or jaw pain*

### STEPS TO TAKE

1. Call 9-1-1 immediately for any victim experiencing chest discomfort, even if the victim says it's not serious.
2. Help the victim rest in a comfortable position. Loosen constricting clothing.
3. Ask the victim if he or she is taking heart medication and help obtain the medication. Follow the directions on the medication.
4. Encourage the victim to chew and swallow 1 uncoated adult aspirin (325 mg) or 2 to 4 low-dose "baby" aspirin (81 mg each) unless he or she is allergic to aspirin or cannot take aspirin for any other reason.
5. Stay with the victim and be reassuring and calming.
6. Be ready to give CPR if needed.
7. Do not let the victim eat or drink anything (including water).

## Sudden Cardiac Arrest

Sudden cardiac arrest occurs when there is an electrical malfunction in the heart, causing it to stop pumping blood.

### SIGNS AND SYMPTOMS

- Within seconds, the victim loses consciousness and has no pulse
- Death may occur within minutes without treatment

### STEPS TO TAKE

1. Call 9-1-1 immediately.
2. If an automated external defibrillator (AED) is on-site, ask someone to bring it.
3. Start CPR, giving 30 chest compressions followed by 2 rescue breaths. If you are uncomfortable giving rescue breaths, you can perform chest compressions only at 100-120 compressions per minute.
4. Continue CPR until:
  - o Victim wakes up
  - o AED is brought to the scene and is ready to use
  - o Emergency services arrive and take over

## Get Trained to Save Lives

Knowing vital first aid and CPR can be the difference between life and death if a co-worker experiences a heart attack on the job. NSC First Aid, CPR and AED training courses provide high quality, comprehensive training on these life-saving techniques. Visit [nsc.org/firstaid](http://nsc.org/firstaid) to register for training or to learn more.

