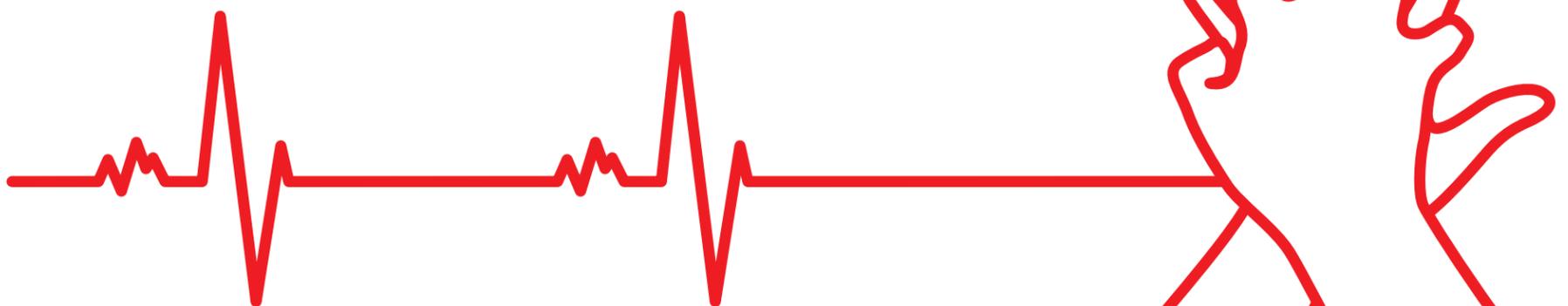


Cardiac arrest can strike without warning. Are you prepared to help?

Heart attack symptoms often come on slowly, over days or even weeks. The victim's heart usually keeps beating and the victim rarely loses consciousness.



Victims of sudden cardiac arrest often lose consciousness quickly and can die within minutes.

What to do if a heart attack or cardiac arrest is suspected:

- **Immediately call 9-1-1.**
- **Activate the company emergency action plan.** Have responders get the AED if one is on-site.
- **Start CPR if the victim is not breathing or only gasps occasionally.** Start CPR, giving 30 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.

First responder

_____ name

_____ contact number

Your quick response could save a co-worker's life!



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