

Chest Pain

Heart Attack

Sudden Blockage

Pain, pressure, heaviness, squeezing, tightness

In chest, neck, jaw, arm/s, back shoulder/s

Dizzy, cold sweat, short of breath, nausea and vomiting

Ensure Safety for Self and Others

Call the Ambulance on Triple Zero (000)

HAZARD = LIFE-THREATENING MEDICAL EMERGENCY

RISK = PERMANENT HEART DAMAGE, DEATH

Angina

Narrowed Arteries

Previously diagnosed, yet pain is different to past pain

Take medication as prescribed rest until recovered

If pain is still present after 10 minutes

Indigestion

Digestion Problems

Pain is not relieved by drinking milk or using antacids

Heart attack is often mis-diagnosed as indigestion

If pain is still present after 10 minutes

CALL TRIPLE ZERO (000) IMMEDIATELY

**KEEP CASUALTY STILL - COMFORT - MONITOR
BE PREPARED FOR CPR - SEND FOR DEFIBRILLATOR**

Call 000 if symptoms persist after 10 minutes, even if previously diagnosed with angina.

Give the casualty Aspirin (300mg) unless they are allergic or have a bleeding disorder.

Please Note:

Heart attack may be overlooked as angina or indigestion. These are some of the symptoms, there maybe others. Not all heart attacks are accompanied by pain. Some casualties simply look and feel unwell.