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, vomiting

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

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

CALL TRIPLE ZERO (000) IMMEDIATELY

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

Ensure Safety for Self and Others

Call the Ambulance on Triple Zero (000)

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 may be others. Not all heart attacks are accompanied by pain. Some casualties simply look and feel unwell.

HAZARD = LIFE-THREATENING MEDICAL EMERGENCY

RISK = PERMANENT HEART DAMAGE, DEATH

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