



5-minute safety talk

6 Steps to Take During Any Medical Emergency

1. Recognize the emergency.
2. Check the scene for safety issues.
3. Check the person. If no response, move to Step #4.
4. Call 9-1-1 when appropriate.
5. Obtain consent and care for person until help arrives.
6. Have the person seek medical attention when appropriate.

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
- **Shortness of breath, indigestion, nausea or vomiting, back or jaw pain (other symptoms that women especially may experience)**

STEPS TO TAKE

1. Call 9-1-1 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. (**Note:** Only employees with CPR training should administer CPR.)
7. Do not let the victim eat or drink anything (including water).



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