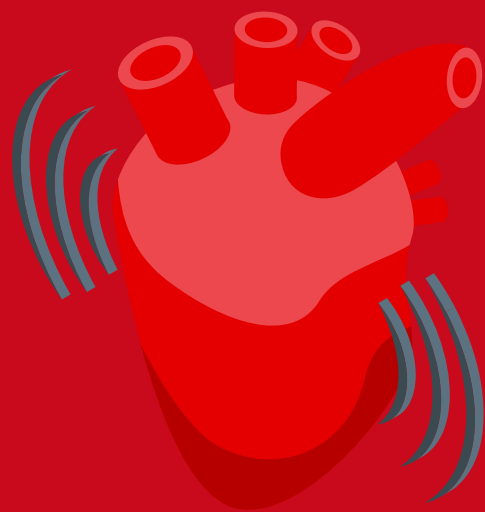


First Aid - Heart Problems



A heart attack occurs when there is a sudden interruption of blood supply to part of the heart. This is usually caused by a blood clot.

According to the British Heart Foundation:

- Today, **460 people** will die from heart or circulatory disease, and around **130** of those people will be **under 75**
- Around twice as many people are living with heart and circulatory diseases in the UK than with cancer and Alzheimer's disease combined
- 260 hospital** admissions will be due to a heart attack
- Around **80% of people** with heart and circulatory diseases have at least one other health condition.
- In the UK more than half of the population will get a heart or circulatory condition in their lifetime

Signs and Symptoms:

- Chest pain:**
They may complain of feeling sick, indigestion, crushing, heaviness or similar
- Breathing problems:**
Fast, shallow breathing, breathless or gasping
- Sweating or clammy skin**
- Looking very pale**
Possibly with a blue tinge to the lips
- Rapid, erratic or weak pulse**
- Drowsy, weak or sudden collapse**



What to Do:

1

Phone 999 (landline) or 112 (mobile)

For the emergency services and tell them you think the person is having a heart problem.



Position Your Casualty:

Support them into a comfortable, safe position if they are responsive. The best place is on the floor against a wall or chair, with their knees bent towards their chest and their head and shoulders supported. This is known as the 'W' position. Place cushions, duvets, or pillows under their knees to support.

2

3

Medication:

Follow instructions from the emergency services about giving any medication, such as aspirin or the person's own angina medication.



Monitor:

Stay with your casualty and monitor their level of responsiveness and breathing, until further help arrives. Prepare to start CPR should they become unresponsive and stop breathing.

4