



SAFETY BRIEF

FIRST AID FOR HEART ATTACKS

Heart attacks happen when a section of the heart muscle is blocked from receiving blood, often due to a clogged artery. The symptoms of a heart attack can vary but common signs may include:

- Pressure or tightness in the chest that may begin to spread throughout the body
- Abdominal pain
- Shortness of breath
- Cold sweats
- Nausea
- Lightheadedness or sudden dizziness
- Pale or bluish colored skin, lips or nails



EMERGENCY FIRST AID

The first step should be to immediately call 911 for help. Your next steps will depend on if the victim is unconscious or conscious.

If they are conscious, you should:

- Help the victim sit or lay down
- Give them aspirin to help break up the blood clot
- Try to keep them as warm as possible

If the person is unconscious, you should:

- Locate the nearest automatic external defibrillator (AED) and follow the step-by-step instructions provided
- Begin performing hands-only CPR on the victim if there is not an AED nearby

**ABOUT 10,000 PEOPLE WILL
EXPERIENCE A HEART ATTACK
AT WORK EACH YEAR**

HOW TO PERFORM CPR

In case you don't know how or need a refresher, here's how to perform CPR.

- If you are untrained in CPR, just do chest compressions at a rate of 100 a minute until paramedics arrive
- If you have been trained in CPR, provide 30 chest compression, tip the head back and provide 2 rescue breaths; repeat this process until paramedics arrive



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