

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

**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**

CALL TRIPLE ZERO (000) IMMEDIATELY

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