

## **SUSPECTED HEART ATTACK**

**Early warning signs of a heart attack – VICTIM MAY DENY OR MINIMIZE THESE SYMPTOMS**

- Chest pain which may affect arm, shoulder or jaw
- Pale bluish discoloration of skin, lips, fingernails
- Heavy sweating
- Shortness of breath, nausea, weakness or anxiety
- Sense of "foreboding"

**Ask someone to Call 9-911. Then notify Security X4199 and College Nurse X4270  
Remain with victim.**

**Until help arrives:**

- 1. Help individual to the least painful position, usually sitting, legs bent at the knees.  
Loosen restrictive clothing around neck and waist.**
- 2. Check for breathing. Begin rescue breathing (see below) if necessary.**
- 3. Check pulse. Begin CPR if necessary.**
- 4. Do not allow victim to move about.**
- 5. If conscious inquire about past history of angina – Administer nitroglycerin if prescribed for victim.**

## **STOPPAGE OF BREATHING**

- 1. Have someone call 9-911 immediately. Then, call Health Center X 4270 and Security X 4199**
- 2. Open airway:**
  - Tilt head back with one hand.
  - Place fingertips of other hand under chin to lift jaw.
- 3. Listen for breathing for 5 seconds.**
- 4. If not breathing:**
  - Maintain an open airway with head tilted back.
  - Pinch off nostrils.
  - Seal your mouth around victim's mouth.
  - Give one full breath every 5 seconds.
- 5. Check for pulse after first 2 breaths.**
- 6. If no pulse, give CPR if trained. If not, continue rescue breathing until help arrives or until victim is breathing.**

## **HEART ATTACK / STOPPAGE OF BREATHING**