

Heart Attack



- Call emergency
 - Make victim comfortable
 - Loosen tight clothing
 - Check for medication
 - Keep victim still
 - Don't give stimulants
- Signs that someone is having a heart attack include shortness of breath or difficulty breathing; anxiety; pressure, squeezing, fullness, or pain in the center of the chest, radiating down either arm, or in the jaw; ashen color to skin, and perspiration, nausea, or vomiting.
 - First aid for heart attacks begins with calling emergency,
 - Then make the victim comfortable, either lying down or sitting,
 - Loosen tight clothing at the waist and neck,
 - Ask the victim if he or she has heart medication,
 - Don't let the victim move around, *and*
 - Finally, don't give the person any stimulants like coffee or tea.
 - If the heart stops beating, begin CPR. However, if the heart is beating and the person is breathing, CPR is not necessary. Just keep him or her comfortable until EMS personnel arrive.

Choking

- Ask a person to speak or cough
- Deliver 5 back blows
- Perform abdominal thrusts
- Repeat sequence of back blows and abdominal thrusts



- A person can choke to death in a couple of minutes.
- The fastest way to find out if someone is choking is to ask, «Are you choking?»
- If the person can cough or talk, he or she is not choking.
- But if the person can't talk or cough, first deliver 5 back blows between the person's shoulder blades with the heel of your hand.
- If the back blows don't clear the object from the throat, perform abdominal thrusts:
 - Stand behind the victim and wrap your arms around the waist.
 - Make a fist with one hand.
 - Place your fist, thumb-side in, against the victim's stomach—above the navel but below the ribs. Grab your fist with your other hand.
 - Pull in and up sharply and repeat if necessary to dislodge whatever is stuck in the throat.
 - Repeat the sequence of 5 back blows and 5 abdominal thrusts until the object is cleared.
- Do you know how to perform abdominal thrusts?
- Everybody should. It's simple, and it can save a life.

If Abdominal Thrusts Don't Work



- Call emergency
 - Finger sweep
 - Abdominal thrusts
 - Check ABCs
 - Perform CPR if not breathing
- If the sequence of back blows and abdominal thrusts does not clear the object, and the victim becomes unconscious:
 - Call emergency and follow their instructions. If you can't speak with anyone, further quick action is needed.
 - Try a «finger sweep» if the object in the throat is clearly visible and accessible with your fingers. Use gloves if possible. Use your index and middle finger to grasp the object. Don't try the finger sweep if there's a chance you'll push the object further down the throat.
 - Lay the person down on his or her back, and perform 5 abdominal thrusts by placing your hands one on top of the other and push the heel of your hand in and up sharply on the abdomen just below the rib cage.
 - Once the object is cleared, check the «ABCs» (airway, breathing, and circulation).
 - If the person is not breathing, perform CPR until medical help arrives.