

## FIRST-AID RESPONSE PLAN HEART CONDITION

### **HOW YOU CAN HELP**

- **If you require assistance, ask a student/bystander to go to the front desk to call for a first-aider**
- **Do not leave the person alone until help arrive**
- **Ask bystanders/ students to leave the area**

### HEART ATTACK RECOGNITION:

- Vice-like chest pain, spreading to one or both arms
- Breathlessness
- Discomfort, like ingestion, in upper abdomen
- Sudden faintness
- Sudden collapse
- Sense of impending doom
- Ashen skin and blueness at lips
- Rapid, then weakening pulse
- Profuse sweating

**Do not give fluids. If the person loses consciousness, open the airway and check breathing. If the person is not breathing normally or agonal breathing (irregular, gasping breaths) be ready to give rescue breaths and chest compressions.**

#### **Action:**

- 1. Make the person comfortable**
  - Help the person into a half sitting position
  - Support his head shoulders, and knees
  - Reassure the person
- 2. Call emergency services (112/ 999)**
  - Tell the controller that you suspect a heart attack
- 3. Give the person medication**
  - If the person is conscious, give one tablet of aspirin to be chewed slowly
  - Aspirin is stored in the **AED bag** located at the front desk of campus buildings  
[Click here](#) to view AED Locations on DIT campuses
- 4. Monitor person**
  - Encourage the person to rest
  - Monitor and record vital signs, level of response, pulse, and breathing, until help arrives

**If you are a trained first-aider follow training procedures.**

### UNCONSCIOUS PERSON:

#### **1. Check response**

**If no response call for help (emergency services 112/ 999). Ask for the AED.**

#### **2. Open airway**

- Place one hand on the person's forehead, and gently tilt his/her head back
- Place the fingertips of your other hand under the point of the person's chin. Lift the chin

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### **3. Check breathing**

- Look for chest movement, listen for sounds of breathing, and feel for breath on your cheek. Do this for no more than 10 seconds
- If he/she is not breathing or has agonal breathing, begin rescue breaths
- If he/she is breathing normally, check for life-threatening conditions such as severe bleeding. Place in recovery position

### **Give Rescue Breaths**

#### **1. Make sure that airway is still open**

- Make sure that the person's head remains titled, by keeping one hand on his/her forehead and two fingers on the other hand under the tip of this chin

#### **2. Pinch nose and open mouth**

- Use your thumb and index finger pinch the soft part of the person's nose firmly
- Make sure that his/her nostrils are closed to prevent air from escaping
- Open his/her mouth

#### **3. Begin rescue breaths**

- Take a breath and place your lips around the person's lips, making sure that you form a good seal
- Blow steadily into the mouth until the chest rises. This should take 1 second. Maintaining head tilt and chin lift, take your mouth away and watch the chest fall. If the chest rises visibly and falls fully, you have given a breath
- Give two rescue breaths

#### **4. Begin chest compressions and rescue breaths (CPR)**

- Give chest 30 compressions, followed by two more rescue breaths. Continue alternating rescue breaths and chest compressions until emergency help arrives, the person starts breathing normally, or you are exhausted to continue
- If the person starts breathing normally but remains unconscious, place her/ him in the recovery position

**Incorporate the use of AED (if trained to do so)**

**If you are a trained first-aider follow training procedures.**