



FACT SHEET



Heart Attack

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- 1. Follow DRSABCD**
 - 2. Advise the patient to immediately stop activity, and sit or lie down.**
 - 3. If any symptoms are severe or get worse quickly or last for 10 minutes**
 - Ensure call for an ambulance has been made on Triple Zero (000)
 - 4. Loosen tight clothing.**
 - If patient has been prescribed medication such as a tablet or oral spray for angina, get it and assist the patient in taking it as they have been directed.
 - 6. Stay with the patient**
 - Monitor response and breathing
 - Be prepared to give CPR

Note

If the person has medication for their condition you can put it in their hand but you as a first aider can't administer it to the patient



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The above information is the recommended action to take during an emergency situation. Excite Safety Training recommends that First Aid training be obtained and that these tools and information are not a replacement for obtaining First Aid training. Excite Safety Training will in no way be held responsible for the incorrect application or misuse of this information.