



CHEST PAIN GUIDELINES



Ensure the safety of everyone

Call the ambulance on Triple Zero (000)

Angina and Heart Attack have very similar signs and symptoms. It is important to recognise the symptoms and get help quickly.

The most critical time for treatment of heart attack is the first 30 minutes after symptoms start.

Delay could be deadly!

*These are some of the symptoms, yours may be different.

*Not all warning signs occur in every heart attack.

*Angina should be relieved by medication.

*Current medical opinion states that the casualty may benefit from choosing to chew one 300mg tablet whilst waiting for the ambulance (If the casualty is not allergic to aspirin). This may help reduce the damage to the heart muscle.

*Place casualty in a position of comfort, usually sitting, whilst waiting for help.

*If in doubt get help immediately.

*Minutes count.

