

### **HEART ATTACK**

#### Signs & Symptoms:

- \_\_\_\_\_: Crushing sensation, aching jaw, sore arms
- \_\_\_\_\_: Feels like indigestion, nausea, vomiting
- \_\_\_\_\_: Pale skin
- \_\_\_\_\_: Shortness of breath, heaviness in chest
- \_\_\_\_\_: Fatigue

#### First Aid for Heart Attack:

- 1) Begin ESM – do the Scene Survey
- 2) Do a primary survey (Responsive – assess ABCs)
- 3) Have a bystander call 9-1-1 & retrieve an AED if available.
- 4) Place casualty in \_\_\_\_\_ position, loosen tight clothing at the neck, chest and waist.
- 5) Reassure the casualty to lessen fear and worry – these cause a heart to \_\_\_\_\_
- 6) Have casualty chew an \_\_\_\_\_ if available.
- 7) If the casualty loses consciousness and stops breathing, start CPR with \_\_\_\_\_

### **CARDIAC ARREST**

#### Signs & Symptoms:

- The heart stops completely
- \_\_\_\_\_
- Not breathing or not breathing \_\_\_\_\_
- No signs of \_\_\_\_\_
- ACT FAST – it only takes \_\_\_\_\_ without oxygen for tissue death to occur!

First Aid for Cardiac Arrest:

- 1) Begin ESM – do a Scene Survey
- 2) Have a bystander call 9-1-1 & retrieve an \_\_\_\_\_ if available.
- 3) Do a primary survey ( \_\_\_\_\_ )
- 4) Continue compressions (30) and breaths (2) until AED or medical help arrives
- 5) If casualty regains consciousness, move to secondary survey & ongoing casualty care

**STROKE**

Cerebrovascular accident (CVA)

Blood clot \_\_\_\_\_ a narrowed artery or a blood vessel ruptures  
\_\_\_\_\_ beyond blockage dies

Signs & Symptoms:

- Severe \_\_\_\_\_
- Slurred \_\_\_\_\_
- Difficulties \_\_\_\_\_
- \_\_\_\_\_ of arm and/or leg

Tests for Stroke: **(STR)**

- \_\_\_\_\_ (crooked)
- \_\_\_\_\_ (difficulty speaking)
- \_\_\_\_\_ (one-sided)

First Aid for Stroke:

- 1) Begin ESM – do a Scene Survey
- 2) Do a primary survey ( \_\_\_\_\_ – assess ABCs)
- 3) Have a bystander call 9-1-1 & retrieve an AED if available.
- 4) Place casualty in \_\_\_\_\_ position, loosen tight clothing at the neck, chest and waist.
- 5) Reassure the casualty & cover with a blanket to maintain warmth.
- 6) If the casualty loses consciousness and stops breathing, start CPR with compressions

## CHOKING

\_\_\_\_\_ : airway is still open and casualty is coughing

First Aid:

- standby and encourage coughing

\_\_\_\_\_ : casualty is unable to cough, speak, or breathe

- **Conscious:** 5 back blows followed by 5 abdominal thrusts
  - Use palm of hand between shoulder blades for back blows
  - Stand behind casualty (place one foot between theirs for added support if they become unconscious)
  - Use forearms to landmark along top of hips
  - Make fist and center under rib cage
  - Grasp fist with other hand
  - Thrust \_\_\_\_\_ and \_\_\_\_\_ until casualty's \_\_\_\_\_  
\_\_\_\_\_ or casualty becomes \_\_\_\_\_
- **Unconscious:** Lower to ground and treat as unconscious casualty
  - Send bystander for medical help
  - Open mouth to look for object (if visible, remove it)
  - Assess ABCs
  - Airway – head tilt chin lift, look, listen, feel (no more than **10** seconds)
  - Breathing – not breathing? Begin CPR. Provide **30** chest compressions followed by 2 breaths (\_\_\_\_\_ head-tilt chin-lift and try again if they do not go in – do not try more than two before moving on to compressions)
  - Circulation? – same strategy is used to clear the airway - 30 compressions

