

# CARDIAC CONDITIONS

## FIRST AID MANAGEMENT

Cardiac arrest is when the heart suddenly stops beating due to an electrical malfunction.

**Heart attack is different from, but may lead to, cardiac arrest.**



If angina symptoms are severe, get worse or last for more than 10 minutes,



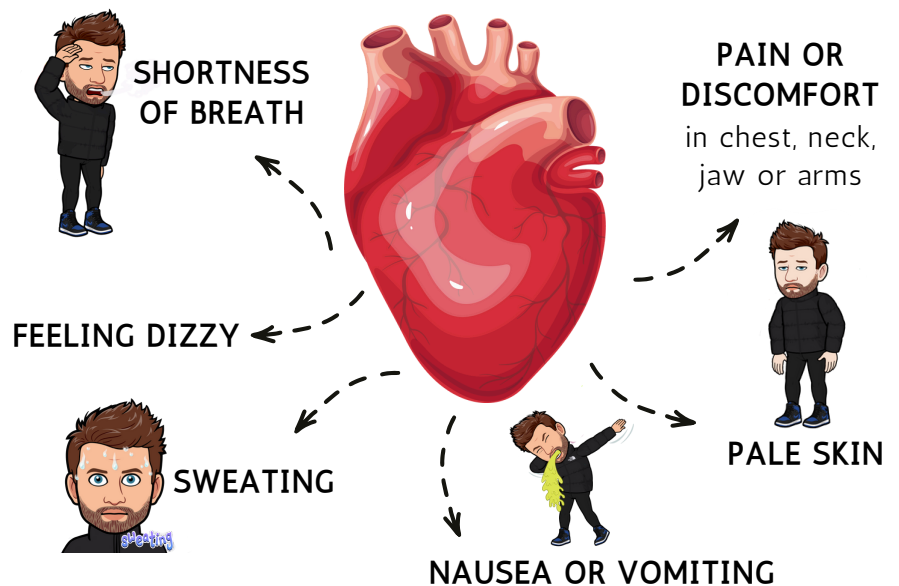
Angina is a temporary chest pain or discomfort that happens when the heart doesn't get enough blood and oxygen

**CALL 000**

## HEART ATTACK

A person experiences a heart attack when there is a sudden partial or complete blockage of one of the coronary arteries that supply the heart muscle. As a result of the interruption to the blood supply, there is an immediate risk of life-threatening changes to the heart rhythm

## WARNING SIGNS



## SUSPECTED HEART ATTACK MANAGEMENT

- Encourage them to stop what they are doing and rest
- If they have prescribed medication for chest pain or discomfort associated with angina, help them to take as directed
- If symptoms are severe, get worse quickly or last longer than 10 minutes, call 000
- Stay with the person until the medical professionals arrive
- If practical and possible, send for the closest AED
- If the person is unresponsive and not breathing normally, commence CPR

ARC Guideline 9.2.1 - Recognition and First Aid Management of Suspected Heart Attack  
What is angina? >> Heart Foundation  
What is a heart attack? >> Heart Foundation