WHAT YOU SHOULD KNOW ABOUT...

MEDICAL EMERGENCIES

CARDIAC ARREST

WHEN SECONDS COUNT!

Warning Signs-

- The person may have pain or feel pressure in the chest area or in the jaw, shoulder or arms.
- They may report a feeling of indigestion have trouble breathing or may be sweating or vomiting
- DO NOT wait to see if the pain eases

Act Quickly: Call 9-1-1 Immediately-

- Have the person sit or recline, whichever is the most comfortable
- Loosen clothing at the neck, chest and waist
- If the person loses consciousness, try to awaken them
- If there is no breathing and no pulse in the neck, begin CPR if you are trained

How To Check Breathing & Heartbeat-

If someone is not breathing or their heart is not beating, the person may die or suffer permanent damage before EMS arrives.
Always check for a pulse and breathing and give the information to EMS when you call.

- If the person has collapsed, try waking them by shaking their shoulder and shouting at them.
- If there is no response, gently lay the person flat on their back on a firm surface
- Gently lift the person's chin forward with one hand while pushing down on the forehead to tilt the head back. The mouth should be open.
- Put your ear to the person's face and listen for breathing sounds. Watch for the rise and fall of their chest. If the person is breathing, their heart is beating. If the person is not breathing, pinch the nose closed and blow 2 deep breaths into the mouth. Watch for chest to rise.
- Check for pulse by placing 2 fingers on the person's neck in the groove just to the side of the Adam's Apple. Feel for pulse for 10 seconds.
- If there is a pulse but no breathing, begin rescue breathing- 1 breath every 5 seconds for adults or every 3 seconds for an infant or child
- Recheck pulse after every minute of rescue breathing
- If you are sure there is no pulse, begin CPR if you are trained. If there is a pulse, DO NOT use CPR.

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