

## A Suspected Heart Attack?

### Here's what to do.....

- **Make sure the victim and any bystanders are safe.**
- **Check the victim for a response**, ask loudly, "Are you OK?"
  - If they respond leave them where they are,
  - Ask them what is wrong with them, get help if required.
  - Reassess them regularly.
- **Open the airway.**
  - Turn the victim on their back,
  - Place your hand on their forehead and gently tilt their head back; with your fingertips on the victim's chin, lift the chin to open the airway.
- **Look, listen and feel for normal breathing** for no more than 10 seconds. In the first few minutes after cardiac arrest, a victim may be barely breathing, or taking infrequent, slow or noisy gasps. Do not confuse this with normal breathing. If in doubt, treat as if not breathing and prepare to start CPR.
- **Dial 999, ask a helper to call or call yourself.**
  - Stay with the victim when making the call if possible,
  - Activate the speaker function on the phone if possible to aid communication.
  - Ask for the access code of **CPAD21** at post code DN37 0QW.
  - Send someone to get the Defibrillator, if you are alone, do not leave the victim, start CPR.
- **Start Chest Compressions,**
  - Kneel by the side of the victim,
  - Place the heel of one hand in the centre of the victim's chest; (which is the lower half of the victim's breastbone).
  - Place the heel of the other hand on top of the first.
  - Interlock the fingers of your hands and ensure pressure is not applied over the victim's ribs.
  - Keep your arms straight.
  - Do not apply pressure over the upper abdomen or the bottom of the bony sternum.
  - Position your shoulders vertically above the victim's chest and press down on the sternum to a depth of 5-6 cm.
  - After each compression, release all pressure on the chest without losing contact between your hands and the sternum.
  - Repeat every 30 seconds.
- **Give Rescue Breaths**, after 30 compressions open the airway again and give 2 rescue breaths.
  - Pinch the soft part of the nose closed, using the index finger and thumb of your hand on the forehead.
  - Allow the mouth to open but maintain chin lift.

- Take a normal breath and place your lips around the victim's mouth making sure you have a good seal.
- Blow steadily into the mouth while watching for the chest to rise, taking about 1 second as in normal breathing; this is an effective rescue breath.
- Maintaining head tilt and chin lift, take your mouth away from the victim and watch for the chest to fall as air comes out.
- Take another normal breath and blow into the victim's mouth once more to a total of two effective rescue breaths. Do not interrupt compressions by more than 10 seconds to deliver two breaths. Then return your hands without delay to the correct position on the sternum and give a further 30 chest compressions.
- Continue with chest compressions and rescue breaths in a ratio of 30:2.
- If you are unable to do rescue breaths, give chest compressions continuously at 30 second intervals.

When the Defibrillator arrives open the case and follow the instructions.

## How to Get the Village Defibrillator

- The village defibrillator is in a lock box mounted at the side of the door of the village hall.
- Enter the access code and turn the handle anti-clockwise to open the door.



- Remove the defibrillator in its travel case and take to the patient.

For more information, check out [www.resus.org.uk](http://www.resus.org.uk)

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