EARLY HEART ATTACK CARE (EHAC) Recognize & Respond

Nausea or vomiting

Chest pressure, squeezing, aching, or burning

Pain
that travels
down one or
both arms

If you suspect someone is having a heart attack, find an AED, provide CPR and call 9-1-1 and/or activate emergency services.



Shortness of breath

Discomfort in back, neck, shoulder, or jaw

RECOGNIZE and RESPOND

Excessive fatigue or weakness

Sudden

dizziness

Cold sweat

Anxiety

PERFORM CPR



Check for Responsiveness

• Is the person unresponsive and not breathing normally?



Place Two Hands Centered on the Chest

- Shoulders should be directly over hands.
- Lock elbows.



Push Hard & Fast

- Push on the chest at a rate of 100 times per minute.
- Compress the chest at leash 2 inches.
- Continue until medical help arrives, an AED is obtained, or the person become responsive.

DEPLOY AN AED



Clear Clothing from Chest, Arms & Abdomen

- Stop chest compressions to clear clothing.
- Ensure the person is not laying in water.



Apply the Pads as shown on the AED Diagram & Press the Power Button



Do Not Touch the Person while the Unit is Operating

- Follow the verbal instructions or prompts
- If the patient remains unresponsive after the AED unit completes the cycle, resume chest compressions.



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