

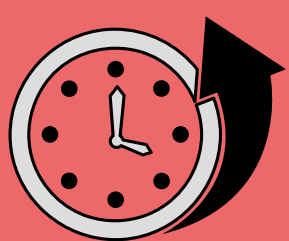
HEART ATTACK?

CARDIAC ARREST?



**CRUSHING CHEST PAIN
SHORTNESS OF BREATH
SWEATING**

**THE VICTIM STOPS BREATHING
AND CANNOT
RESPOND**

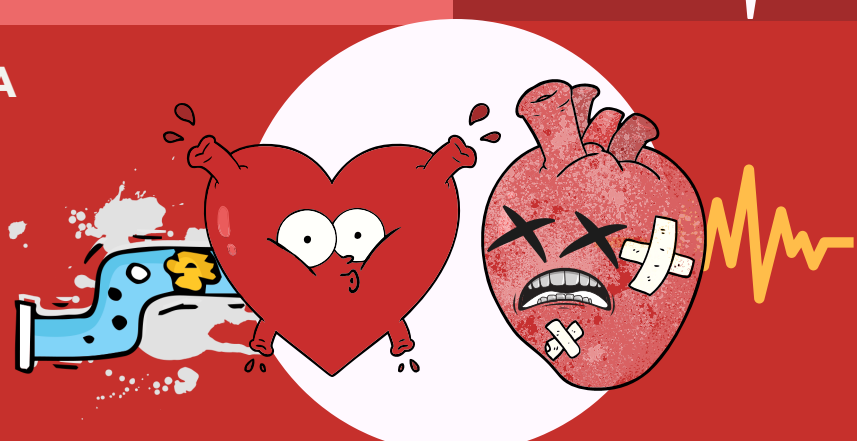


**CAN BE SUDDEN,
BUT ALSO CAN
BUILD OVER
MINUTES TO HOURS.**

**VICTIM BECOMES UNCONSCIOUS
ALMOST IMMEDIATELY**

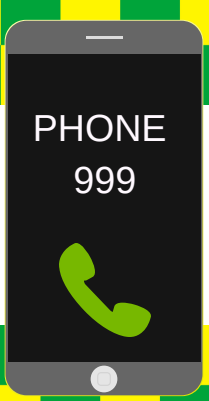


**IS CAUSED BY A
BLOCK IN THE
CORONARY
ARTERIES,
USUALLY A
BLOOD CLOT**



**CAUSED BY AN
ELECTRICAL
MALFUNCTION
THE HEART
STOPS BEATING
OR QUIVERS LIKE
A JELLY**

MINUTES



MATTER

**IF NOT ALLERGIC HAVE THE
VICTIM CHEW AN ASPIRIN**

**IF THE PERSON HAS AN
OXYGEN TANK TURN IT ON
AND TURN IT UP.**



**BEGIN CHEST
COMPRESSIONS AS
SOON AS POSSIBLE**

**IF YOU ARE ON YOUR
OWN CONTINUE
UNTIL THE
AMBULANCE
ARRIVES**



**TRY TO KEEP THE PERSON CALM
UNTIL HELP ARRIVES**



**999 CALL HANDLER WILL DIRECT
YOU TO THE NEAREST
AVAILABLE COMMUNITY DEFIB IF
SOMEONE IS WITH YOU TO
COLLECT**

For help and advice on all aspects of community defibrillation, training, liability, governance, provision and fund-raising please contact the Community Heartbeat Trust



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