

# CHEST PAIN

## Heart Attack

Sudden blockage

Pain, pressure, heaviness, squeezing, tightness

In chest, neck, jaw, arm/s, back, shoulder/s

Dizzy, cold sweat, short of breath, nausea, vomiting

## Indigestion

Digestion problems

Pain is not relieved by drinking milk or using antacids

Heart attack is often mis-diagnosed as indigestion

IF PAIN IS STILL PRESENT AFTER 10 MINUTES

## Angina

Narrowed arteries

Previously diagnosed, yet pain is different to past pain

Take medication as prescribed  
Rest until recovered

IF PAIN IS STILL PRESENT AFTER 10 MINUTES

**Ensure Safety for Self and Others**

**Call the Ambulance on Triple Zero (000)**

Call 000 if symptoms persist after 10 minutes, even if previously diagnosed with angina.

Give the casualty aspirin (300mg) unless they are allergic or have a bleeding disorder.

Please note:  
Heart attack may be overlooked as angina or indigestion. These are some of the symptoms, there may be others. Not all heart attacks are accompanied by pain. Some casualties simply look and feel unwell.

**HAZARD = LIFE-THREATENING MEDICAL EMERGENCY**

**RISK = PERMANENT HEART DAMAGE, DEATH**

**CALL TRIPLE ZERO (000) IMMEDIATELY**

**KEEP CASUALTY STILL - COMFORT - MONITOR - BE PREPARED FOR CPR - SEND FOR DEFIBRILLATOR**

**First Aid SA**

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