

Stay safe: heart attacks & stroke

By safely disposing of your liquid waste, you are helping to protect the natural environment. But it's important to protect yourself and others too.

Each year thousands of people die or are seriously injured through accidents. A lot of these deaths could have been prevented if first aid was given before the emergency services arrived.

What should you do if someone is injured?

- First, check you and the injured person are not in any danger. If you are, make it safe
- Call 999 or 112 for medical help or an ambulance. The operator will be able to talk you through basic life-saving instructions
- Provide the injured person with first aid.

The following provides useful instructions on how to apply basic first aid in the event of a suspected heart attack or stroke:

Heart attack

If you suspect someone is having a heart attack call 999 and make sure they are in a comfortable sitting position.

Symptoms of a heart attack can include:

- Chest pains – pain usually located in the centre or left side of the chest
- Sensation of pressure, tightness or squeezing
- Pain in other parts of the body e.g. from the chest down and into the arms, or in the jaw, neck, back or abdomen.



If the person is conscious, give them reassurance to help keep them calm. If aspirin is available ask them to take it and chew slowly. Do not give aspirin if under 16 years or allergic to it.

If the injured person has medication for angina, help them to take it. Monitor their vital signs until help arrives.

If the person's health deteriorates and they become unconscious, ensure their airway is open, check their breathing and, if necessary, start CPR.

Stroke

The **FAST** guide is the most important thing to remember when dealing with someone you suspect has suffered from a stroke.

What is the **FAST** guide?

- **Face:** their face may have dropped on one side and they may not be able to smile, or their mouth or eye may have drooped
- **Arms:** the person may not be able to lift their arms and keep them there because of weakness or numbness
- **Speech:** their speech may be slurred or garbled, or they may not be able to talk
- **Time:** If you notice any of these symptoms dial 999 immediately.

The earlier the person receives treatment, the better the chance of recovery.

