

# 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**