



# Safety Tip of the Week

## Danger of Heart Attacks

According to the CDC, every single year there are 735,000 Americans who suffer heart attacks. Out of that number, 525,000 are first time heart attack victims. Heart disease and heart attacks are an unfortunate reality in our country.

Recognizing an emergency and getting the individual the proper care quickly can mean the difference between life and death.

There is a good chance that sometime in your lifetime you will witness someone suffer from a heart attack or you yourself will be a victim.



### What to Do if Someone Has a Heart Attack:

If someone is experiencing symptoms of a heart attack, be sure to take the appropriate steps to mitigate the effects of blood loss to the brain.

- Call 911. Even if it ends up not being a heart attack it is truly better to be safe than sorry. Getting the proper medical attention quickly for a heart attack victim is their best chance to live.
- Try to keep the person calm, have them sit or lie down.
- Have the person take an aspirin as long as he or she is not allergic and is conscious and able to do so.
- If the person stops breathing, you or someone else who is qualified should perform CPR.
  - If you don't know CPR, the 911 operator can assist you until the EMS personnel arrive.

**TAKE CARE OF YOUR HEART...DON'T LET IT FALL APART!!**