

# HANDS-ONLY CPR

Hands-only CPR performed by a bystander has been shown to be as effective as “conventional” CPR in emergencies that occur at home, work or in public.

***There are only TWO STEPS to remember:***



**CALL 086 134 4237**



**PUSH HARD AND FAST IN THE CENTER OF THE CHEST**

# How can you prevent a heart attack?



***Understand the risk factors and see a doctor for early diagnosis.***



***Learn the signs and symptoms. There is a difference in the way heart attacks occur in men and women.***



***Take the Early Heart Attack Care™ (EHAC®) Pledge to save a life.***



***Be alert for a heart attack in yourself or someone in your vicinity. Becoming an active bystander could save a life!***



***When in doubt, call 086 134 4237. First responders have the medical technology to quickly save a life.***

## ***EHAC Pledge™***

I understand that heart attacks have beginnings that may include chest discomfort, shortness of breath, shoulder and/or arm pain and weakness. These may occur hours or weeks before the actual heart attack.

**I solemnly pledge that if it happens to me or anyone I know, I will call 086 134 4237 or activate Emergency Medical Services.**

**NAME**

**DATE**

**IF YOU SUSPECT A HEART  
ATTACK CALL 086 134 4237**

# EHAC

## Early Heart Attack Care

Recognising the early signs and symptoms of a heart attack could help you save a life.



# EHAC

## Early Heart Attack Care

Early Heart Attack Care (EHAC) education teaches you to recognise the **early signs and symptoms** of a heart attack. This knowledge could help you save a life, including your own.

### *Let's talk...* **Cardiovascular disease (CVD)** **in South Africa**



#### **CVD IS THE LEADING CAUSE OF DEATH AFTER HIV/AIDS**

*More people die of CVD than  
of all the cancers combined.*



#### **CVD IS RESPONSIBLE FOR ALMOST 1 IN 6 DEATHS (17.3%)**

*215 people die every day from  
heart disease or strokes.*



#### **5 HEART ATTACKS AND 10 STROKES OCCUR EVERY HOUR**

*On average, 10 of these events  
will result in death.*

**Heart Attacks have beginnings!**

## Did you know?

Heart attacks have early signs and symptoms. These beginnings may occur in **50% of patients**. If recognised, people can be treated before heart damage occurs.



## Learn the early signs & symptoms

Someone may experience any or all of these symptoms. When they start, they can be mild or come and go. Over time, the symptoms and pain increase until the victim collapses.



***Chest pressure, squeezing, aching or burning***



***Shortness of breath***



***Feeling of fullness, nausea or vomiting***



***Anxiety***



***Jaw pain, back pain, or pain that travels down one or both arms***



***Excessive fatigue or weakness***

**85% of heart damage occurs within the first two hours of a heart attack.** EHAC is knowing the subtle danger signs of a heart attack and acting upon them immediately, **before heart damage occurs.**



# Discuss your risk with your Doctor!

## What are the risk factors?

- ✓ Chest pain, pressure, burning, aching or tightness (it may come and go)
- ✓ A family history of cardiovascular disease
- ✓ High blood pressure
- ✓ Overweight or obese
- ✓ Sedentary lifestyle
- ✓ Using tobacco products
- ✓ Metabolic disease, diabetes or other illnesses
- ✓ **Women:** Birth control pills, a history of pre-eclampsia, gestational diabetes or having a low birth weight baby

## Symptoms: Men vs Women

**Heart attack symptoms can be different between men and women.** Why does it matter? Women are less likely to seek immediate medical care which can cause more damage to the heart.

- ✓ Men normally feel pain and numbness in the left arm or side of chest, but in women, these symptoms may appear on the right side.
- ✓ Women may feel completely exhausted, drained, dizzy or nauseous.
- ✓ Women may feel upper back pain that travels up into their jaw.
- ✓ Women may think their stomach pain is the flu, heartburn or an ulcer.

## Call ttr if you experience these symptoms of a heart attack:

- ✓ Chest or back discomfort
- ✓ Arm, neck, or jaw discomfort
- ✓ Indigestion, Nausea/vomiting
- ✓ Shortness of breath
- ✓ Unexplained sweating
- ✓ Feeling lightheaded