

CPR

Saves Lives

Keep The Following Telephone
Numbers By Your Phone:

Fire: 9 - 1 - 1

Police: 9 - 1 - 1

Doctor: _____

Hospital: _____

Poison Control Help Line:

1-800-222-1222

Street Address

360 E. Railroad Ave
PO Box 532
Boca Grande, Florida 33921
www.bgfd.info
941-964-2908

BOCA GRANDE

FIRE

DEPARTMENT



Heart Attacks

A heart attack occurs when an area of the heart is deprived of blood flow and oxygen for a prolonged period (usually more than 20 to 30 minutes) and the heart muscle begins to die causing chest discomfort or pain. A heart attack is usually the result of:

- Severe narrowing of a coronary artery by cholesterol plaque.
- Cracking or erosion of plaque with the formation of a blood clot over it, leading to a complete blockage of the diseased coronary artery.
- Blood vessel spasm blocks blood flow to heart muscle, causing a heart attack.
- Heart muscle that does not receive sufficient oxygen may develop abnormal electrical rhythms, including ventricular fibrillation (VF).

Warning Signs

- Chest Discomfort is the most important signal of a heart attack. The discomfort lasts more than 15 to 20 minutes
- Sweating
- Nausea
- Vomiting
- Shortness of Breath
- Feeling of Weakness

The elderly, people with diabetes, and women are more likely than others to present unusual symptoms or only vague, non-specific complaints.

CPR

CPR in Three Simple Steps

1. CALL

Check the victim for unresponsiveness. If there is no response, Call 911 and return to the victim. In most locations, the emergency dispatcher can assist you with CPR instructions.

2. BLOW

Tilt the head back and listen for breathing. If not breathing normally, pinch nose and cover the mouth with yours and blow until you see the chest rise. Give 2 Breaths. About 1 second each.

3. PUMP

If the victim is still not breathing normally, coughing, or moving, begin chest compressions, Push down on the chest 1 ½ to 2 inches 30 times right between the nipples. Pump at a rate of 100 per minute, faster than once per second.

CONTINUE with 2 breaths and 30 pumps until help arrives. The ratio is the same for one-person and two-person CPR.