Thank you for attending KOAT 7's Project Heart Start
Project Heart Start is not a certified CPR course

REMEMBER: for an adult who suddenly collapses

- 1) Quickly determine unresponsiveness and call 911—Don't wait!
- 2) Pump "Hard and Fast" 100 times per minute in center of chest and don't stop until EMS arrives.
- 3) Call for an AED: use it even if you are not trained.



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What to do for a heart attack

SIGNS:

Chest discomfort that may spread to arms, neck or jaw

Aching, burning, squeezing or heartburn

Unexplained shortness of breath

For symptoms that persist more than 10 minutes, call 911 and chew one regular aspirin.

Barry W. Ramo, MD
Barry W. Kamo Mus
New Mexico Heart Institute



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