

HEART ATTACK

Signs & symptoms of heart attack

- Chest pain or discomfort (angina)
- Pain or discomfort in your arms, back, jaw, neck, or stomach
- Shortness of breathing
- Sweating
- Nausea
- Light-headedness



Over
2,350,000

Heart Attacks & Strokes
suffered by
North Americans
each year

- Even if you not sure about the symptoms, if you suspect a **HEART ATTACK** -DO NOT WAIT!
- If the person is conscious, give them 300mg of aspirin to chew.
- Call for help immediately



West Fraser Mills Ltd.

Supervisor
Crew
Talk