



Ambulance Service of New South Wales

Cardiac Care Aboriginal Community Education





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of New South Wales**

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Snake

Tim Meehan, Paramedic Kempsey Station



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Gungon Dingar

Kelly Girard, Paramedic Moree Station



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Goanna

Tim Meehan, Paramedic Kempsey Station



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Justin Payne, Paramedic Walcha Station

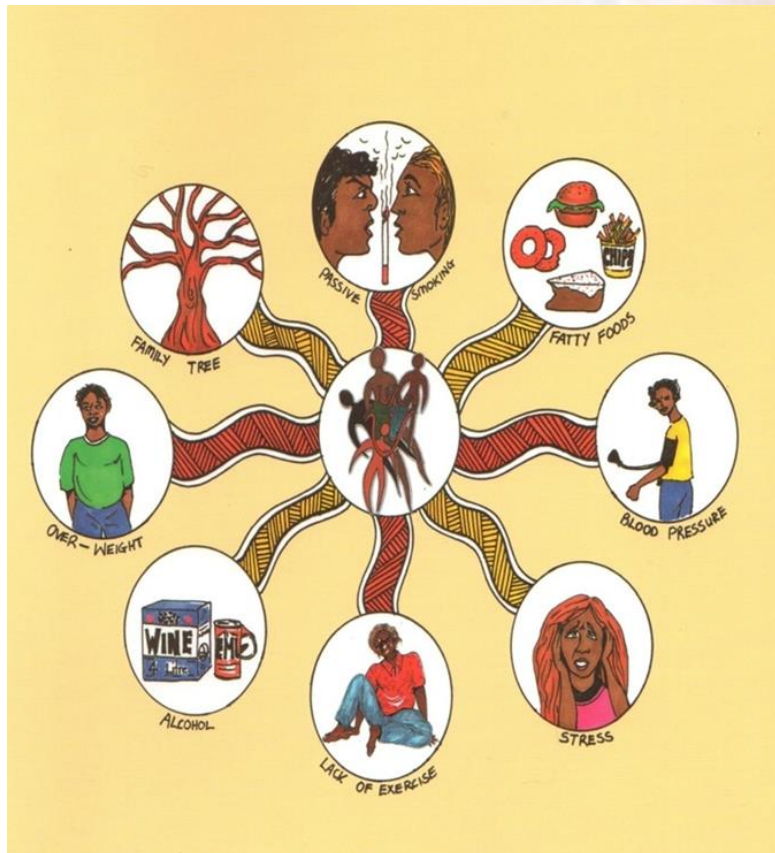


A-TRAC Symposium Sept 2014

- Recognise – the signs and symptoms
- Ring – Triple Zero (000)
- Respond – By holding the line and the call taker will ask some questions



Risk Factors





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What to do

If you have heart attack warning signs:

1. STOP and rest – NOW!
2. Tell someone nearby about your symptoms.
3. If any of your symptoms:
 - are severe
 - or get worse quickly
 - or lasts for 10 minutes

**Call triple zero (000)*
and ask for an
ambulance.**

4. Don't hang up. Wait for advice from the 000 operator.

**If calling 000 does not work on your mobile phone, try 112.*

**Don't ignore the warning
signs! Get help fast.
Every minute counts.
Call 000.**





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Calling Triple Zero





- The operator may ask set of questions to help us get an ambulance to you as quickly as possible
- DO NOT HANG UP
- Stay calm and speak slowly
- The operator may give you advice or instructions so you can help the patient
- It is important to teach children how to call Zero Zero Zero (000) along with their address and telephone number

