

SEE-MORE SAFETY SAYS..



Folks, this one was hard to believe!

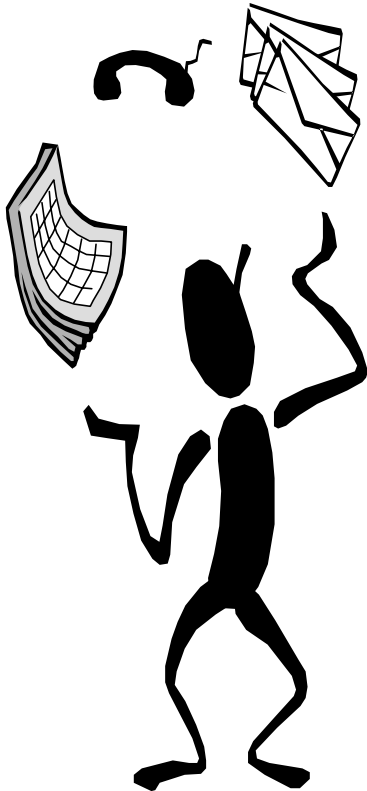
DID YOU KNOW?

Let's say it's 6:17 PM and you're driving home (alone of course) after an unusually hard day on the job. Not only was the workload extraordinarily heavy, you also had a disagreement with your boss, and no matter how hard you tried he just wouldn't see your side of the situation. You're really upset and the more you think about it, the more up-tight you become.

All of a sudden you start experiencing severe pain in your chest that starts to radiate out into your arm and up into your jaw. You are only about five miles from the hospital nearest your home, unfortunately you don't know if you'll be able to make it that far. What can you do? You've been trained in CPR but the guy that taught the course neglected to tell you how to perform it on yourself.

HOW TO SURVIVE A HEART ATTACK WHEN ALONE

Many people are alone when they suffer a heart attack, what can you do? Without help, a person whose heart stops beating properly begins to feel faint and has about ten seconds before losing consciousness. However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds without let up until help arrives or until the heart is felt to be beating normally again.



Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a phone and, between breaths, call for help. You'll be giving yourself CPR with this technique.

Tell as many other people as possible about this, it could save their life!

(The above information was taken from Health Care's Rochester General Hospital via Chapter 240's newsletter "And The Beat Goes On". Reprint from The Mended Hearts, Inc. publication, Heart Response)