

Heart Attacks

a short guide

www.safertainingsolutions.co.uk info@safertainingsolutions.co.uk



Heart attack Facts

Around 160,000 people die from heart and circulatory disease

Coronary heart disease is the most common cause of death before 65 accounting for 16% male and 10% female deaths

Every 7 minutes someone in the UK will have a heart attack

73,000 people die from CHD

What is a Heart Attack?

Heart Attack is the death of a segment of heart muscle caused by the loss of blood supply. The blood supply is usually lost because a coronary artery, one that supplies blood to the heart muscle is blocked by a blood clot (coronary thrombosis) A heart attack is different from a cardiac arrest a cardiac arrest can be considered as an electrical problem however a heart attack can lead to a cardiac arrest.

“ I now feel more confident in how to recognise the symptoms ”



If you would like to learn more about Heart attacks and how to help someone book a course with us

info@safertainingsolutions.co.uk