



Heart Attack / Stroke

If you or someone is having the following symptoms:

Symptoms of Heart Attack

- Uncomfortable pressure, fullness, squeezing or pain in the center of the chest lasting more than a few minutes,
- Pain spreading to the shoulders, neck or arms. The pain may be mild to intense. It may feel like pressure, tightness, burning, or heavy weight. It may be located in the chest, upper abdomen, neck, jaw, or inside the arms or shoulders,
- Other symptoms including denial, fear, pale skin, nausea, vomiting, sweating, shortness of breath, fatigue or unconsciousness,
- Chest pain, including back pain and/or deep aching and throbbing in one or both arms,
- Dizziness, unexplained lightheadedness, possible blackouts

Automated External Defibrillation (AED)

Symptoms of Stroke

- Paralysis, numbness or inability to move parts of the face, arm, or leg - particularly on one side of the body,
- Confusion- including trouble with speaking,
- Headache with vomiting,
- Trouble seeing in one or both eyes,
- Metallic taste in mouth,
- Difficulty in swallowing,
- Trouble in walking (impaired coordination)

Call 911 on your desk phone and it will send a message to the first aid team listed below.

The following staff have completed AED training and are certified to use the AED:

Phil Fileccia	Ext 203 or 479-6523	Karen Joyal	Ext 255
Amber Bousquet	Ext 113	Luc Lesage	Ext 276
Angie Walker	Ext 293	Rene Giroux	Ext 101
Bobbi Bottle	Ext 104	Miles Trach	Ext 234
David Grad	Ext 208	Paul Gray	Ext 269
Graham Vincent	Ext 781	Ray Hope	Ext 790