SEPTEMBER · HEART AWARENESS MONTH

SPOT IT.
CALL IT.
START CPR.

1

SPOT IT

Make sure the scene is safe. Does the person respond?

2

CALL IT

Call 10177, or 112 from a cellphone. Fetch the first aider.

3

START CPR

If trained: centre of the chest, arms straight, push hard 100 to 120 times a minute.

HEART ATTACK WARNING SIGNS

- Chest pain or pressure
- Pain in the arm, jaw or back
- Short of breath
- Nausea or faintness
- Cold sweat, turning pale

Ambulance from a landline **10177**

Emergency from a cellphone **112**

Care Net clinics are not emergency services. In an emergency, call these first.

Our first aiders on this site: _____

WORLD HEART DAY: 29 SEPTEMBER · RESTART A HEART DAY: 16 OCTOBER

CARE NET CONSULTANTS
Your Partner in Workplace Health

Sources: WHO cardiovascular diseases fact sheet; SAMRC World Restart a Heart Day 2026; Western Cape Government emergency numbers; General Safety Regulations.

General health information only, not medical advice. Speak to a healthcare professional about your own health.