



**BOY SCOUTS OF AMERICA**  
**Troop 146**  
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**First Class Requirement 7c1**  
**"Tell the five most common signals of a heart attack."**

\_\_\_\_\_ Name

1. For First Class, why do you have to know specifically about heart attacks? (*Hint: make sure your answer contains the words, "major cause".*)

Because: \_\_\_\_\_

2. What are the five most common signs of a heart attack?

**P** = \_\_\_\_\_

**N** = \_\_\_\_\_

**S** = \_\_\_\_\_

**S** = \_\_\_\_\_

**W** = \_\_\_\_\_

3. What kind of pain does a heart attack victim normally experience (choose 1)?  
 Uncomfortable pressure, squeezing, fullness, pain in the center of the chest  
 Sharp stabbing twinges of pain

4. What kind of pain does a person experience when he has indigestion or heartburn (choose 1)?  
 Uncomfortable pressure, squeezing, fullness, pain in the center of the chest  
 Sharp stabbing twinges of pain

5. Check off the places where a heart attack victim might experience pain:
- Behind the breastbone
  - Shoulders
  - Arms
  - Neck
  - Behind the eyes
  - Back teeth
  - Stomach
  - Kidneys
6. The best first aid for a heart attack is (choose any 3):
- Call 9-1-1
  - Call 9-1-1
  - Call 9-1-1
7. While waiting for the ambulance, is it OK to do CPR (choose 1)?
- Always do CPR if you know how
  - Only do CPR if the victim's heart has stopped completely
8. There are things you can do to keep your own heart healthy. Choose the correct one from each of these pairs:
- The heart is a muscle and benefits from being exercised
  - The heart muscle will eventually wear out, so treat it gently and give it as much rest as possible
  
  - Eating good foods will ensure that your arteries don't get clogged up
  - Food goes into the stomach not into the arteries -- food has nothing to do with heart attacks
  
  - Smoking causes arteries to constrict, thus making it easier for them to get clogged up
  - Smoke goes into the lungs not into the arteries -- smoking has nothing to do with heart attacks
9. Repeat: what are the five most common signs of a heart attack?
1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

10. Read the "First Aid Merit Badge Supplement" below. Look specifically at numbers 5 and 6. Why is moving around or taking stimulants bad? (*Hint: make sure your answer contains the words, "extra stress".*)

Because: \_\_\_\_\_  
\_\_\_\_\_

## **First Aid Merit Badge Supplement**

**In addition to calling 9-1-1, here are some additional actions you can take**

1. Place the victim in a partly reclining or sitting position.
2. Do not wait to see if the pain goes away. Call for help immediately.
3. Loosen tight clothing at the neck, chest, and waist.
4. Keep the person calm and comfortable, warm but not hot.
5. Do not allow the victim to move around.
6. Do not give stimulants.
7. If the victim is not breathing, give rescue breathing.
8. If the person suddenly collapses and loses consciousness, try to awaken him. If the person cannot be awakened, and if there is no breathing or pulse in the neck, begin CPR.