

# Don't Ignore the Signs!

Know the warning signs of a **heart attack** and listen to your body.

**DID YOU KNOW...** In New Jersey, from 2014-2023, 22 of the 34 firefighter fatalities resulted from a heart attack.

For more information, visit:

[cdc.gov/niosh/firefighters](https://cdc.gov/niosh/firefighters)



## Common Heart Attack Warning Signs



### Chest Discomfort

Uncomfortable pressure, squeezing, fullness, or pain. Feeling may go away and return.



### Other Discomfort

Pain or discomfort in one or both arms, shoulder, back, neck, jaw, or stomach.



### Shortness of Breath

This can happen with or without chest pain.



### Other Signs

Lightheadedness, nausea, vomiting, or cold sweats

**\*Get help immediately if you experience any of these warning signs!**

For more information: [heart.org/en/health-topics/heart-attack](https://heart.org/en/health-topics/heart-attack)

## Standards for firefighter medical screening and fitness-for-duty evaluations.

- **29 CFR 1910.134(e)** - Medical evaluations under OSHA and NJDOH PEOSH are required before fit testing and use, and repeated when medically necessary.
- **National Fire Protection Association (NFPA) 1582, Standard on Comprehensive Occupational Medical Program for Fire Departments** - Preplacement and annual medical evaluations shall be provided to firefighters to determine their medical ability to perform their duties so they do not present a risk to the safety and health of themselves or others.
- **NFPA 1583, Standard on Health-Related Fitness Programs for Firefighters** - A health-related fitness program shall be established to ensure firefighters can safely perform their assigned duties.
- **NFPA 1500, Fire Department Occupational Safety and Health Program** - Standby emergency medical care is required at a minimum of basic life support level at certain incidents and at all incidents for the incident commander to evaluate the need for emergency medical care and patient transportation.
- **NIOSH Alert: Preventing Fire Fighter Fatalities Due to Heart Attacks and Other Sudden Cardiovascular Events**

\*Links to external sites are for informational purposes only and do not imply endorsement or responsibility for their content.

For more information and resources:  
[linktr.ee/NJDOH\\_Firefighters](https://linktr.ee/NJDOH_Firefighters)

