If you've experienced a cardiac incident, please take a moment to complete this survey.

- Complete Responses to date: 300
  - Date Created: November 19, 2019
  - Date of Report: February 5, 2020
Question Responses

• Where were you when the incident occurred?
  – 29% of the firefighter said they were home
  – 18% of the firefighter said they were on scene
  – 24% of the firefighter said they were at station

• Did you experience any of these symptoms?
  – 47% of firefighter said they experienced some other type of symptom
  – Key takeaway not the typical signs and symptoms of a heart attack!

• How long after onset did you wait before you or someone took action to get you help?
  – On average almost 24 hours after onset
Did you experience any of these symptoms?

47.00% of firefighter said they experienced some other type of symptom

Key take-away not the typical signs and symptoms of a heart attack!

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chest pain</td>
<td>44.33%</td>
</tr>
<tr>
<td>Arms feeling heavy</td>
<td>16%</td>
</tr>
<tr>
<td>Shortness of breath</td>
<td>36.67%</td>
</tr>
<tr>
<td>Coughing</td>
<td>7.33%</td>
</tr>
<tr>
<td>Nausea</td>
<td>18%</td>
</tr>
<tr>
<td>Vomiting</td>
<td>4.67%</td>
</tr>
<tr>
<td>Dizziness</td>
<td>21.67%</td>
</tr>
<tr>
<td>Face grey/pale in color</td>
<td>20%</td>
</tr>
<tr>
<td>Feeling clammy and sweaty</td>
<td>32.33%</td>
</tr>
<tr>
<td>Other - see list</td>
<td>47%</td>
</tr>
<tr>
<td>Feeling and hearing my beating heart</td>
<td></td>
</tr>
<tr>
<td>Just didn't feel right</td>
<td></td>
</tr>
<tr>
<td>Discomfort under left clavicle</td>
<td></td>
</tr>
<tr>
<td>I couldn't raise my arms</td>
<td></td>
</tr>
</tbody>
</table>

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Responses

• Who took you to the hospital?
  20.67% firefighters took themselves to the hospital
  41% of the time EMS took us to the hospital

• What was the outcome of the event?
  63.33% of the firefighters returned to work (full duty)

• Type of firefighter
  22.67% were volunteer firefighters
  68% were career firefighters
  Remaining other – Inspectors / Fire Police

• What is your age?
  Almost 40% were between 46-55 years old
Where were you when the incident occurred?

- On scene
- At station
- On the way home
- At home
- Other (please specify)

300 survey responses as of 2/5/2020
Did you experience any of these symptoms?

- Chest pain
- Arms feeling heavy
- Shortness of breath
- Coughing
- Nausea
- Vomiting
- Dizziness
- Face grey/pale in color
- Feeling clammy and sweaty
- Other (please specify)

300 survey responses as of 2/5/2020
How long after onset did you wait before you or someone took action to get you help?

300 survey responses as of 2/5/2020
Who took you to the hospital?

- Supervisor: 1%
- Fellow firefighter: 5%
- Friend or Family member: 20%
- Took myself: 25%
- EMS: 45%
- Other (please specify): 10%

300 survey responses as of 2/5/2020
What was the outcome of the event?

- Returned to work (full...: 60%
- Returned to work (limited...: 10%
- Went on disability: 0%
- Retired: 10%
- Other (please specify): 20%

300 survey responses as of 2/5/2020
Type of firefighter

- Volunteer
- Career
- Paid on-call
- Volunteer on-call
- EMS responder

300 survey responses as of 2/5/2020
What is your age?

300 survey responses as of 2/5/2020