**Emergency Procedures**

In any instance, if a client is in emergent need of assistance, call 9-1-1.

**Myocardial Infarction**

Signs:

* Chest discomfort (tightness, squeezing, pain) lasting for more than 5-min or discomfort that comes and goes.
* Radiating pain from chest into left arm or neck.
* Shortness of breath.
* Possible nausea, lightheadedness, dizziness, or breaking out in cold sweat.

Action:

* Call 9-1-1
* Monitor heart rate and oxygen saturation continuously
* Use CPR when appropriate
* Stop all exercising; designate one trainer to lead other clients out of the room.

**Stroke**

Signs:

* Sudden numbness or weakness on one side of the body
* Sudden confusion
* Sudden loss of balance, dizziness, inability to walk
* Sudden difficulty seeing, in one or both eyes

Action:

* Have person do the following:
  + Smile
  + Raise both arms
  + Speak a simple sentence
* If stroke is suspected, dial 9-1-1
* Monitor heart rate and oxygen saturation continuously
* Use CPR when appropriate
* Stop all exercising; designate one trainer to lead other clients out of the room.

**Asthma Attack**

Signs:

* Shortness of breath or difficulty breathing
* Wheezing
* Coughing

Action:

* Dial 9-1-1
* Make client comfortable and encourage slow breathing
* Remain calm and reassuring