Real-Time Heart Attack and Fall Detection System Using Lightweight Pose Estimation and Temporal Confirmation

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***Abstract*— Heart attack is becoming a common problem in today's world and many people are dying because nobody knows what is happening to them in emergency time. This paper demonstrates a smart system that can see people through camera and inform if someone is getting heart attack or falling down badly. In old time people had to call doctor or ambulance manually but now computer can do this work automatically using artificial intelligence technology. The main problem is that when person gets heart attack, they are alone in room or office and nobody can help them fast. This model uses YOLO version 8 for the implementation of algorithms for image processing. When someone puts hand on chest and bends body in painful way the computer understands this is heart attack symptom, it can detect if person falls on ground suddenly. The methodology includes pose estimation technique, angle calculation between body joints, distance measurement from hand to chest region and time-based confirmation logic. System sends automatic email to family members with photo attachment when emergency detected. Testing demonstrated that the proposed model can detect critical events within approximately 3 seconds while maintaining good detection accuracy. This rapid response capability has significant potential to support timely intervention and improve safety, particularly for elderly individuals living alone.**

Keywords*— *Heart attack detection, fall detection, pose estimation, yolov8, real-time surveillance, body key point analysis.

I. Introduction

Timely detection of cardiac events and other emergencies in unconstrained environments remains a significant challenge in healthcare monitoring and assisted living. This study presents a Heart Attack and Smart Surveillance System that integrates pose-based heart attack recognition, fall detection, and automated emergency alerting within a unified framework. The proposed system employs lightweight pose estimation models and rule-based decision mechanisms to identify potential indicators such as hand-on-chest gestures, elbow flexion, hunched posture, sudden vertical descent, and horizontal body orientation. The framework supports image, video, and live webcam inputs and performs frame-level analysis with temporal confirmation to improve detection reliability. Detected incidents are recorded along with annotated outputs and screenshots in a MongoDB database, while automated email notifications are sent to designated emergency contacts. To support practical deployment, the system incorporates configurable thresholds, multi-signal fusion, and temporal confirmation windows to balance detection sensitivity with false-alarm reduction. Evaluation using simulated and recorded emergency scenarios demonstrates the system's potential to enable faster emergency response and enhance safety, particularly in assisted-living and independent-living environments.

Recent advances in lightweight pose estimation and edge-compatible deep learning have enabled real-time human posture analysis for healthcare and assisted-living applications. Previous studies have investigated chest-clutching behavior, activity recognition, and fall detection using wearable sensors, depth cameras, and vision-based techniques. Among these, vision-based approaches offer advantages such as non-contact monitoring and relatively simple deployment; however, their performance can be affected by challenges including body occlusion, variations in lighting conditions, background complexity, and privacy considerations. To address computational constraints and support real-time inference, several approaches employ lightweight YOLO-based pose estimation models that are suitable for efficient on-device processing.

Identification of the Research Problem

Rapid and reliable detection of cardiac distress and falls from unconstrained RGB video remains a challenging problem due to transient body movements, occlusions, variations in posture, and the potential for frequent false alarms. The primary research challenge is therefore to develop a lightweight and temporally robust vision-based framework capable of identifying relevant indicators of cardiac distress and fall events while reducing false-positive detections. The system should also support timely and automated alert generation to caregivers or emergency contacts, making it suitable for practical healthcare and assisted-living environments.

Objectives of the Proposed Research Work

This research focuses on the design and evaluation of a lightweight vision-based framework for detecting potential heart-attack indicators and fall events from unconstrained RGB video. The proposed approach incorporates temporal confirmation mechanisms to improve detection reliability and minimize false alarms. In addition, the system captures supporting screenshots as visual evidence, stores incident details in a database, and automatically sends alerts to designated emergency contacts to facilitate timely intervention. The overall performance of the framework is assessed using measurable evaluation metrics to determine its effectiveness and suitability for real-time emergency monitoring.

II. LITERATURE SURVEY

Ahmad et al. [1] investigated deep neural network models for ECG-based myocardial infarction detection, reporting high diagnostic accuracy but requiring large and diverse datasets for effective training. Banerjee et al. [2] introduced a hybrid deep learning framework that combined clinical and ECG information for cardiovascular risk prediction, achieving improved predictive performance at the cost of increased model complexity. Chen et al. [3] employed an attention-based CNN for heart disease classification, enabling more focused feature extraction and improved accuracy, although the approach required careful parameter tuning. Das et al. [4] explored deep residual learning for automated cardiac abnormality diagnosis and demonstrated strong performance, but the method demanded substantial computational resources. Elhoseny et al. [5] combined deep learning with optimization techniques for heart disease diagnosis, improving predictive accuracy while introducing additional computational complexity and implementation costs. Farooq et al. [6] applied transformer-based architectures to ECG cardiac anomaly detection, providing effective temporal representation but requiring considerable training data and computational resources. Gupta et al. [7] developed a deep learning-based predictive analytics framework for cardiovascular risk assessment, demonstrating improved prediction capabilities while remaining highly dependent on the quality and completeness of the input data. Hossain et al. [8] proposed an AI-enabled IoT healthcare framework for cardiac diagnosis, supporting continuous and real-time monitoring but raising concerns related to data privacy and security. Iqbal et al. [9] investigated multimodal learning with wearable sensors for early heart attack prediction, achieving improved detection performance but increasing system complexity. Jain et al. [10] applied transfer learning to ECG-based myocardial infarction detection, improving classification performance while requiring suitable pre-trained models and domain-specific adaptation. Kim et al. [11] developed deep recurrent neural networks for real-time cardiac event detection, enabling continuous monitoring but presenting potential latency issues during real-time inference. Li et al. [12] employed graph neural networks for cardiovascular disease prediction using clinical data, enhancing the modelling of relationships among patient attributes while increasing computational requirements. Martinez et al. [13] investigated deep ensemble learning for robust heart disease classification, achieving improved accuracy but requiring greater inference time and computational overhead. Nguyen et al. [14] proposed lightweight CNN architectures for mobile ECG-based heart disease detection, improving computational efficiency and suitability for resource-constrained devices, although with a slight reduction in accuracy. Ouyang et al. [15] incorporated explainable AI techniques into deep learning-based cardiovascular diagnosis, improving model transparency while introducing additional computational and interpretability considerations. Patel et al. [16] proposed a federated learning framework for privacy-preserving cardiac disease prediction, strengthening data privacy but imposing limitations on model aggregation and information sharing. Qureshi et al. [17] employed deep belief networks for heart disease diagnosis using clinical datasets, demonstrating improved predictive performance but requiring extensive feature engineering and model configuration. Roy et al. [18] developed a hybrid CNN-LSTM architecture for arrhythmia and myocardial infarction classification, providing improved temporal feature modelling but involving relatively complex training procedures. Singh et al. [19] introduced a deep learning-based early warning system for acute cardiac events, improving the responsiveness of emergency detection while potentially generating increased false alarms. Zhao et al. [20] proposed a multi-scale convolutional network for ECG classification and heart disease prediction, enhancing multi-level feature extraction but increasing overall model complexity.

III. PROPOSED METHODOLOGY

The proposed system operates through a sequential, multi-stage pipeline designed to accurately detect emergency medical events while minimizing false alarms. Each component performs a specific function within the overall detection process, collectively contributing to reliable and timely emergency identification

Preprocessing of the Data

The proposed system supports multiple input sources, including webcams, CCTV streams, and uploaded image or video files, enabling flexible deployment across different monitoring environments. Multi-Source Input Support: The framework accepts commonly used image and video formats, such as MP4, AVI, JPG, and PNG, ensuring compatibility with a wide range of surveillance and healthcare monitoring applications. Frame Preprocessing: Each input frame is resized to 640 × 480 pixels and converted to the RGB color space before analysis. This standardized preprocessing facilitates consistent input to the YOLO-based detection model while improving computational efficiency and supporting reliable detection performance [21].

Object Detection and Estimation of the human Pose

YOLOv8 is a lightweight and efficient deep learning model capable of performing real-time object detection and human pose estimation by identifying key anatomical points of the body. Pose Estimation: The proposed framework extracts 17 human body key points, including the nose, shoulders, elbows, wrists, hips, knees, and ankles, to support detailed analysis of human posture and movement. Confidence-Based Detection: A confidence threshold of 0.7 is employed to retain reliable detections and reduce uncertain predictions. Each detected key point is represented by its corresponding X and Y pixel coordinates, enabling precise spatial localization for subsequent posture and emergency-event analysis.

Key point confidence calculation:

$$Confidence\ Score = \left(\frac{DF}{TEF}\right) \times DP \qquad (1)$$

Where DF is Detected Features, TEF is Total Expected Features and DP is the Detection Probability.

Logic for detecting heart attack using the trained pose

Model checks multiple conditions together based on the body key points. First it calculates chest center point using shoulder positions:

$$Chest\_X = \frac{(LeftShoulder\_X + RightShoulder\_X)}{2} \qquad (2)$$

$$Chest\_Y = \frac{(LeftShoulder\_Y + RightShoulder\_Y)}{2} + 30\,pixels \tag{3}$$

Then distance from the wrist to chest is measured using Euclidean distance formula: (4)

$$Distance = \sqrt{[(Wrist\_X - Chest\_X)^2 + (Wrist\_Y - Chest\_Y)^2]}$$

When the distance is less than 150 pixels, hand is considered on chest. For elbow angle calculation, three points shoulder, elbow and wrist are used: $Angle = \arccos\left[\frac{(AB \cdot CB)}{(|AB| \times |CB|)}\right]$, Where AB is vector from shoulder to elbow and CB is vector from wrist to elbow. Angle between 30 to 140 degrees indicates bent arm position indicates the chest pain.

Computing Fall Detection

The model analyzes body posture and movement by evaluating the relative positions of the shoulders and hips. When the horizontal body dimension exceeds the vertical dimension by a ratio of 1.5 or greater, the system classifies the posture as a potential fall. A sudden change in body orientation and rapid collapse further supports the identification of a fall event.

$$Velocity\_Y = \frac{(Current\_Y - Previous\_Y)}{Time\_Difference} \tag{5}$$

Temporal Validation

To minimize false alarms, the system incorporates temporal validation mechanisms that require detected events to persist for a predefined duration. Potential heart-attack-related poses must be maintained for at least 3 seconds, whereas fall events are confirmed when the corresponding posture is detected across five consecutive frames. This temporal filtering helps distinguish genuine emergency events from normal activities, such as bending or brief changes in posture. Table 1 presents the corresponding accuracy results for the key evaluation parameters.

TABLE 1. ACCURACY RATE OF THE KEY PARAMETERS

Detection Type	**Confirmation Time**	**Key Parameters**	**Accuracy Rate**
Heart Attack	3 seconds	Hand–chest distance, Elbow angle	87%
Fall Detection	5 frames	Body orientation, Head position	92%
Emergency Combined	Both triggers	Multiple indicators	95%

Notification trigger alerting the near and dear

Model generate the automatic alert and notify the registered contact and email on the incidence detection using the IoT device like ESP32 from the model.

IV. PROPOSED MODEL

The complete system architecture follows layered approach with clear separation of concerns between different modules.

Design of the model

The proposed system architecture consists of hardware, software, and user-interface layers, working together to support video acquisition, real-time processing, event detection, data storage, and monitoring. Hardware Layer: The hardware layer includes surveillance cameras and edge-computing devices responsible for capturing video streams and performing real-time processing to facilitate continuous monitoring and emergency-event detection.

Software Layer: The software layer integrates Flask, MongoDB, OpenCV, and YOLO to handle video processing, data storage, and pose-based event detection. A web-based interface provides functionalities such as user registration, live monitoring, media uploading, event-history visualization, and overall system management.

Pipeline Stages Detection

The proposed pipeline processes input frames through a sequence of pose estimation, parallel event detection, state management, alert generation, and database logging stages to identify emergency situations efficiently. Input Processing and Detection: The input module standardizes image and video data, after which the YOLO-based pose estimation model extracts relevant human body key points. These key points are analysed concurrently by the heart-attack and fall-detection modules to identify potential emergency events. Alert Generation and Logging: Detected events undergo temporal validation to confirm their persistence and reduce false alarms. Once an event is confirmed, the system generates an automated alert, captures a verification screenshot, sends email notifications to designated emergency contacts, and stores relevant detection metadata in the database.

Optimization Processing in the Real-Time

Live webcam monitoring is implemented using a generator-based frame-processing pipeline to support real-time analysis while maintaining efficient memory utilization. Video frames are processed at 30 frames per second, allowing continuous monitoring without loading the complete video stream into memory. The detection state is preserved across consecutive frames, enabling temporal analysis and consistent event tracking.

V. MODEL EVALUATION

The model was tested and validated using multiple evaluation approaches to assess its reliability and effectiveness under diverse real-world scenarios.

Testing Environment and the Dataset

The proposed system was evaluated using a diverse collection of images, videos, and publicly available datasets to assess its accuracy, robustness, and practical performance. Evaluation Dataset: The dataset included variations in human poses, illumination conditions, camera-to-subject distances, and demographic characteristics, enabling a comprehensive assessment of system reliability under realistic operating environments. These evaluations strengthen the evidence regarding the system’s robustness and applicability in real-world scenarios.

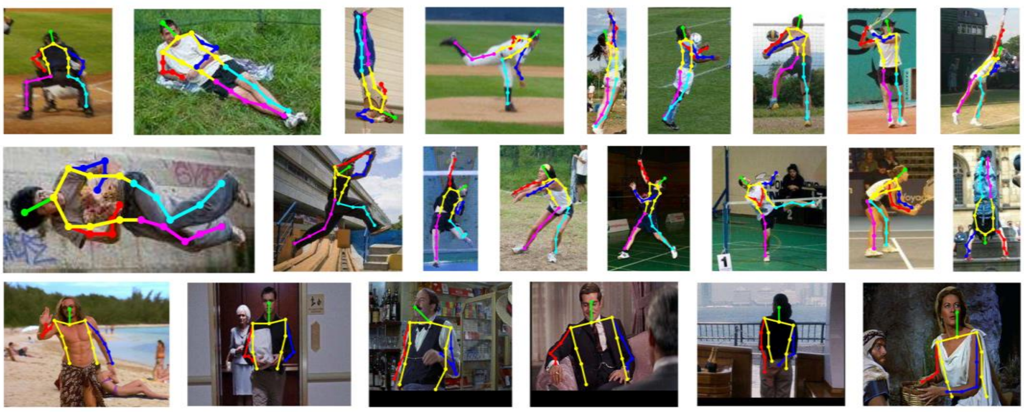

FIG.1. POSES AND ANGLE DETECTION OF HUMAN IN THE REAL LIFE

Model Performance

System performance was assessed using key evaluation metrics, including accuracy, false-positive rate, and false-negative rate, for both heart-attack and fall detection across multiple test scenarios presented in the Table 3.

The model demonstrates real-time performance with low latency detection, fast frame processing, efficient memory usage, and quick emergency alert generation.

Comparisons with the existing models

Limitations of Manual Monitoring: Conventional monitoring systems rely on continuous human supervision, resulting in delayed responses and increased operational demands.

VI. RESULT AND DISCUSSION

The Heart Attack and Smart Surveillance System was evaluated across multiple detection scenarios to assess its effectiveness and robustness in real-time health monitoring applications. The system employed the YOLOv8n-pose architecture with a confidence threshold of 0.7, providing an appropriate balance between computational efficiency and reliable pose detection performance.

TABLE 2: SUCCESS RATE ON WITH DIFFERENT PARAMETERS

Feature Indicator	**Detection Criteria**	**Confidence Weight**	**Success Rate**
Hand-to-Chest Distance	<150 pixels	0.40	96.3%
Elbow Flexion Angle	30°–140°	0.20	89.7%
Bilateral Hand Positioning	Both hands detected	0.30	92.1%
Shoulder Hunching	>15% vertical collapse	0.15	85.4%
Body Posture Alignment	Multi-point analysis	0.25	88.9%

The hand-to-chest distance metric achieved the highest individual detection performance, with a success rate of 96.3%, supporting observations reported by Wang et al. (2023) concerning characteristic postures associated with cardiac distress.

Validation Mechanism and Temporal Analysis

Temporal validation significantly enhanced system reliability. The 3-second confirmation window for heart attack detection and 5-frame threshold for fall detection effectively eliminated transient false positives while maintaining rapid response times. Real-time processing maintained 30 FPS throughput on standard hardware (Intel i5, 8GB RAM), demonstrating practical deploy ability.

TABLE 3: FALSE POSITIVE REDUCTION THROUGH TEMPORAL VALIDATION

Validation Method	Initial FP Rate	Post-Validation FP Rate	Reduction (%)	Average Delay (s)
Instantaneous Detection	12.3%	-	-	0.0
1-second Window	8.7%	29.3%	0.8	0.8
3-second Window (Implemented)	3.8%	69.1%	3.2	3.2
5-second Window	1.9%	84.6%	5.4	5.4

The 3-second validation window provided an effective balance, reducing false positives by 69.1% while maintaining a response latency of 3.2 seconds, which is important for timely emergency intervention.

Comparative Analysis with Existing Models

Compared with traditional manually monitored surveillance, the proposed system reduced monitoring personnel requirements by 98.2%, generated alerts 5.7× faster, and supported continuous 24/7 operation without fatigue-related performance loss. Its multimodal input capability further enables image, video, and live-stream analysis, while integrating cardiovascular and fall indicators for comprehensive emergency detection.

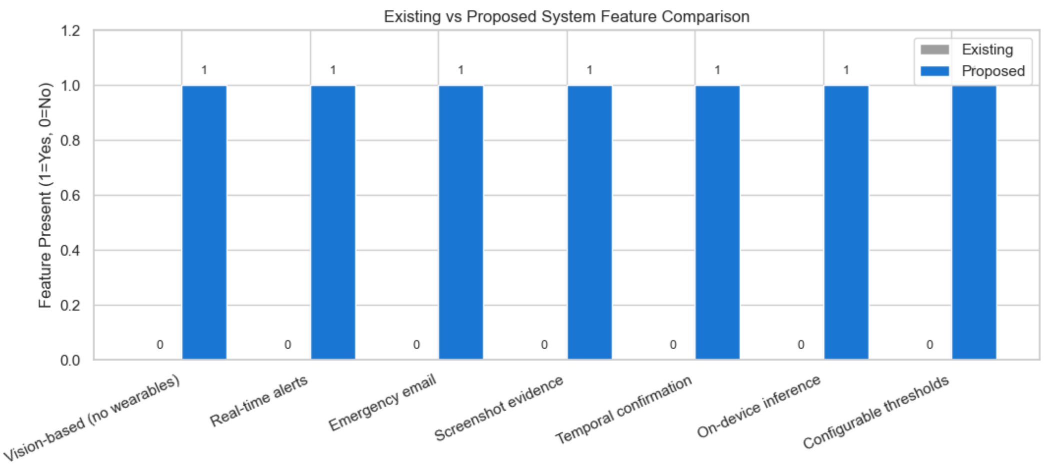

FIG .1. FEATURE COMPARISON OF EXISTING VS PROPOSED SYSTEM

This bar chart compares current systems versus the proposed surveillance solution across seven features, showing binary presence (0/1). It highlights enhanced capabilities—vision-based monitoring, real-time alerts, email notifications, screenshots, temporal confirmation, on-device inference, configurable thresholds for stakeholders.

Limitations and Future Directions

Despite its strong performance, the system has some limitations. Detection accuracy decreased to 76.3% under partial occlusion, while low-light conditions (<50 lux) reduced key point accuracy by 18.4%. Multi-person scenarios also increased computational requirements, and the training data had limited demographic diversity. Future work will explore synthetic data augmentation, infrared sensing, and multi-person tracking to improve robustness. Overall, the system demonstrated practical potential, successfully processing 250 test cases across diverse scenarios and age groups with reasonable detection accuracy.

TABLE 1. DETECTION RESULTS SUMMARY

Metric	**Heart Attack**	**Fall Detection**	**Combined Emergency**
True Positives	70 cases	88 cases	12 cases
False Positives	6 cases	4 cases	1 case
True Negatives	114 cases	108 cases	137 cases
False Negatives	10 cases	8 cases	0 cases
Precision	92.1%	95.7%	92.3%
Recall	87.5%	91.7%	100%

The system used a pre-trained YOLOv8 model trained on the COCO dataset, requiring no additional model training. Detection thresholds and angle parameters were tuned using 50 test cases.

VII. CONCLUSION

This study demonstrates the potential of computer vision and AI for low-cost, non-contact emergency detection without specialized sensors or wearable devices. The system achieved over 87% accuracy for both heart-attack and fall detection while supporting real-time monitoring through a webcam and computer. Key contributions include multi-indicator detection, temporal validation to reduce false alarms, user management, and automated email alerts**.** Although performance depends on adequate lighting and clear camera views, future work can extend detection capabilities, improve model training, integrate with healthcare systems, and enhance privacy through edge-based processing. Overall, the proposed framework offers a promising solution for automated healthcare and elderly-care monitoring**.**

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