

February is the month that is dedicated to raising awareness about our cardiovascular health! Did you know that according to the CDC, there are around 735,000 Americans who suffer from heart attacks each year? In your lifetime, there is a good chance you will witness someone suffer from a heart attack or you may have one yourself.

What is a heart attack? A heart attack also known as a myocardial infarction occurs when the blood to the heart is blocked. The interrupted blood flow damages and destroys part of the heart muscle. As we all know, they can be fatal, but thankfully medicine and awareness has helped save thousands of lives.

What are some of the signs & symptoms of a heart attack?

- Chest discomfort
- Neck and jaw pain
- Fatigue
- Nausea, vomiting or indigestion
- Radiating pain in one or both arms
- Shortness of breath
- Lightheadedness or dizziness
- Cold sweats

What should you do if you suspect someone is having a heart attack?

1. Immediately call 911 and get emergency responders in route.
2. Have them sit down, rest, and try and keep them calm.
3. Loosen any tight clothing they may have on.
4. Ask if they take any medications for a heart condition, such as nitroglycerin. If they do, help them take it.
5. Administer CPR if they lose consciousness or stop breathing before EMS arrives.

There are a few things you should **NOT** do as well including:

1. **DO NOT** leave them alone, except to phone for help.
2. **DO NOT** wait to see if the symptoms go away.
3. **DO NOT** allow the person to deny symptoms or talk you out of calling for help.
4. **DO NOT** give them anything by mouth unless it their own prescribed heart medication.

No one plans on having a heart attack, however there are several ways you can prevent one such as: eating a healthy balanced diet of fruits, vegetables, proteins, and fats, exercising regularly, maintaining a healthy weight, limiting alcohol consumption and of course not smoking.

Remember This!

Take heart attack symptoms seriously. We know most of the people we work with pretty darn well. If something seems wrong, talk to them, or get a supervisor involved.





Tool Box Talk/Safety Meeting Sign In Sheet

Energy Efficiency Specialists™

Email to chris@hudsonbayins.com or safety@hudsonbayins.com or text to (206) 730-6273

Topic: _____ Date: _____

Discussion Leader: _____ Job Name: _____

	Employee Name	Employee Signature
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Employee Comments, Concerns, Suggestions or Recommendations to improve workplace safety & health:

Please submit this document immediately upon completion of the meeting to the safety department and retain the original copy of this document in the Safety & Risk Management Plan.