



# Safety Tip of the Week

## Heart Attacks

According to the Heart Disease and Stroke Statistics—2023 Update: A Report From the American Heart Association, in the United States:

Someone has a heart attack every 40 seconds.

- Every year, about 805,000 people in the United States have a heart attack.
- Of these, 605,000 are a first heart attack. 200,000 happen to people who have already had a heart attack.
- About 1 in 5 heart attacks are silent – the damage is done, but the person is not aware of it.



### What to Do If Someone Has a Heart Attack:

If someone is experiencing symptoms of a heart attack, be sure to take the appropriate steps to mitigate the effects of blood loss to the brain.

Call 911. Even if it ends up not being a heart attack it is truly better to be safe than sorry. Getting the proper medical attention quickly for a heart attack victim is his or her best chance to live.

In some cases, a heart attack requires cardiopulmonary resuscitation (CPR) or an electrical shock (defibrillation) to the heart to get the heart pumping again. Bystanders trained to use CPR, or a defibrillator may be able to help until emergency medical personnel arrive.

### Summary:

Know your emergency response plan at your worksite for a medical emergency like a heart attack. Knowing whom to call, what the address of the worksite is, and who is CPR trained onsite can save the victim's life.

Remember, the chances of surviving a heart attack are better the sooner emergency treatment begins.

***TAKE CARE OF YOUR HEART. DON'T LET IT FALL APART!!***