



Weekly Safety Meeting

Danger of Heart Attacks

According to the CDC, every single year there are 735,000 Americans who suffer heart attacks. Out of that number, 525,000 are first time heart attack victims. Heart disease and heart attacks are an unfortunate reality in our country.

There is a good chance that sometime in your lifetime you will witness someone suffer from a heart attack or you yourself will be a victim.

It is important to know the signs and symptoms of a heart attack. It is equally important to know what to do if someone around you is having a heart attack.

Recognizing an emergency and getting the individual proper care quickly can mean the difference between life and death.

Signs and Symptoms of a Heart Attack:

Recognizing the warning signs of a heart attack could save someone's life. Be aware of the following symptoms among your co-workers.

- Chest discomfort (uncomfortable chest pressure, squeezing, fullness or pain, burning or heaviness), confusion or trouble understanding other people;
- Discomfort in other areas of the upper body (neck, jaw, shoulder, arms, back);
- Shortness of breath;
- Sweating;
- Nausea; and
- Light-headedness.

Not all of these have to be present to be a heart attack. Pay attention to your body and what it is telling you. If you think you or someone around you is displaying heart attack symptoms do not brush them off.

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 their best chance to live.
- Try to keep the person calm, have him or her sit or lie down.

- Have the person take an aspirin as long as he or she is not allergic and is conscious and able to do so.
- If the person stops breathing, you or someone else who is qualified should perform CPR.
 - If you don't know CPR, the 911 operator can assist you until EMS personnel arrive.

Summary:

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

Know what the 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.

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

Safety Meeting Sign-In Sheet

Supervisor:	Subject:
Location:	Date:
Conducted By:	Trainer Signature: