

SAFETY MEETING

Company Name: Superior Waterproofing Job Name or #: _____ Date: _____

2/14/2020

February is American Heart Month

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Cardiovascular disease is the number one killer for Americans. One in three deaths is caused by heart attack or stroke, amounting to about 800,000 fatalities each year.

Some heart attacks are sudden and intense — the "movie heart attack," where no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help.

Here are signs that can mean a heart attack is happening:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath** with or without chest discomfort.
- Other signs may include breaking out in a **cold sweat, nausea or lightheadedness.**

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

Learn the signs, but remember this: Even if you're not sure it's a heart attack, have it checked out (tell a doctor about your symptoms). Minutes matter! Fast action can save lives — maybe your own. Don't wait more than five minutes to call 9-1-1 or your emergency response number.

Calling 9-1-1 is almost always the fastest way to get lifesaving treatment. Emergency medical services (EMS) staff can begin treatment when they arrive — up to an hour sooner than if someone gets to the hospital by car. EMS staff are also trained to revive someone whose heart has stopped. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too. It is best to call EMS for rapid transport to the emergency room.

If someone is in cardiac arrest, beginning immediate CPR is critical. The life support supplied until EMS arrives makes a huge difference in survival when someone's heart stops. If your 1st Aid, CPR and AED training is not current, there are many community organizations that can help get you up to date.



HAVE A SAFE AND HAPPY VALENTINES DAY!

WHAT UNSAFE OPERATIONS DID YOU FIND ON YOUR JOBSITE THIS WEEK? _____

What Corrective action was taken? _____

Meeting Attended By _____

Supervisor's Signature _____