



Health and Wellness
Month

eSafetyLine

A Healthy Heart

A heart attack or myocardial infarction (MI) is a life-threatening event but can be survived if it's treated quickly. Your heart is an organ made almost entirely of muscle, similar to your biceps. Since your heart is continuously beating the muscle needs a continuous supply of blood. A heart attack happens when the blood flow to a section of heart muscle is blocked. If the blood flow isn't restored quickly the muscle will be damaged and may die from lack of oxygen in the blood.

Both men and women have heart attacks as well as all races, however some people are more likely to have one because of their risk factors. These are behaviors or conditions that increase the chance of a disease. Some of the more common risk factors for suffering a heart attack include:

- Smoking
- High blood pressure
- High blood cholesterol
- Being overweight or obese
- Physical inactivity
- Diabetes

When it comes to risk factors, you are unable to change some like being diabetic and some types of high blood cholesterol. Others, like smoking and lack of physical activity, can certainly be changed to help reduce the chance of a first or repeat heart attack.

As with many diseases, early detection and treatment can be the difference between life and death or a life with a disability. In order to get help fast, you

need to know the warning signs of a heart attack. Many times a heart attack begins as a mild pain or discomfort, slowly and builds over time. The symptoms may come and go and may be different from one heart attack to another in the same person. It's vital to recognize the warning signs and act on them as quickly as possible. The more common signs include:

- Chest discomfort- This discomfort is usually located in the center of the chest and lasts for more than a few minutes or goes away and comes back. It is often described as an uncomfortable pressure, squeezing, fullness or pain.
- Discomfort in other areas of the upper body- This sensation can involve one or both arms, the back, neck, jaw or stomach.
- Shortness of breath- This typically comes along with the chest pain but can also occur before.
- Other symptoms- These can include breaking out in a cold sweat, nausea or lightheadedness.

As can be guessed, many heart attacks are ignored until it's too late because the warning signs are a bit vague. Remember, even if you're not sure it's a heart attack, you should still have it checked out, the sooner it's treated the better the outcome.

Discussion Questions

What causes a heart attack?

What are some of the common risk factors for a heart attack?

MEETING / TRAINING ATTENDANCE ROSTER

COMPANY: _____

_____ SAFETY MEETING

JOB/DEPT: _____

_____ SAFETY TRAINING

DATE: ___/___/___

TIME: _____

TOPICS ADDRESSED: _____

EMPLOYEE'S SIGNATURES

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

EMPLOYEE SUGGESTIONS AND RECOMMENDATIONS: _____

ACTION TAKEN: _____

Supervisor's Signature

_____/_____/_____
Date

Safety Coordinator's Signature

_____/_____/_____
Date