

# HEALTH IMPACTS SAFETY



- Heart attacks occur at work.
- What you do at work and at home affect your heart.
- Surviving a heart attack is affected by your access to CPR and an AED.

## Safety Meeting Guide

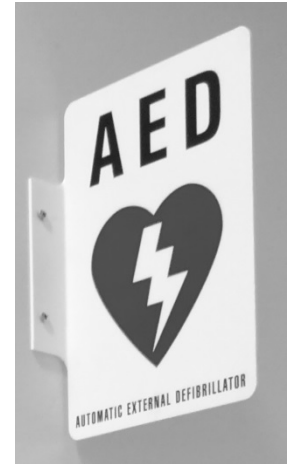
### TWH 2: What's my heart got to do with it?

<http://ow.ly/JHa00>

**INSTRUCTIONS: Hold the guide with this side facing you and the other side facing your committee. Then share the information on this page.**

Today's safety committee meeting is about an employee who had complained of indigestion, and collapsed by his work truck. Co-workers administered CPR until paramedics arrived. The employee passed away from an apparent heart attack.

We know that our personal health history and lifestyle affect the health of our heart. We also know that workplace stress, long work hours and shift work impact both our health and our heart. There are things that both employees and organizations can do to help employees stay healthier and reduce the risk of someone dying from a heart attack.



### **So here are some ways we can improve our heart health.**

- Share information about heart healthy habits at your workplace – this means learning about why diet, exercise and sleep are important to being both healthy and safe.
- If you are a workplace leader, advocate for healthier foods at work, and opportunities to increase exercise if you sit or stand all day.
- Talk about ways that your company can help employees reduce the stress in their lives, both at work and away from work.
- Plan for heart emergencies by training employees in CPR, getting an AED onsite and making sure employees know how to use them, and how to call for offsite emergency medical services. Learn about the warning signs for heart attacks and stroke.
- Support co-workers who are trying to make healthy lifestyle changes.

**ASK: "Does anyone have more ideas or comments to share?"**

**Pause for discussion. Then see if there are ways to take action.**

### **END WITH ACTION PLAN (ideas for what to ask or say).**

- Do you have ideas about ways to eat healthier at work?
- What can we do at work to move more?
- What solutions have you found to better deal with workplace stress?.
- What motivates you to be healthier?
- Do you know how to help an employee who may be suffering from a heart event?