

SAFETY MEETING TOPIC

This form shall be completed and kept on file

Job Name _____ Location _____ Job No. _____

Meeting Leader _____ Title _____

Date Held _____ Place _____ Time _____

Subject of Meeting _____ **HEART ATTACKS** _____

During the six year period surrounding World War II, 405,000 Americans were killed. Today more than 650,000 Americans die each year of heart attacks.

Your risk of a heart attack increases with age and also if you are a male and heart attacks run in your family. You can reduce the possibility of a heart attack if you stop smoking, monitor and control your weight, blood pressure, cholesterol levels and diet, to mention but a few things you can do for your own benefit.

A heart attack results from a blockage or restriction, causing oxygen laden blood flowing to the heart, or a portion of it, to be stopped or reduced. Your heart must have oxygen to keep it alive and functioning.

Heart attack symptoms can vary for reasons such as physical condition, severity, etc., but usually one or more of the following will be present:

- Nausea
- Difficulty in breathing
- Pain in the chest and/or a feeling of tightness or pressure
- Pain in the neck, shoulders, arms or any combination of them
- Perspiration

To assist a victim of a heart attack, you should remain calm and try to get the victim to do likewise. Lay the victim down and loosen tight fitting clothing. **CALL FOR MEDICAL HELP IMMEDIATELY, EXPLAINING THE REASON FOR THE EMERGENCY.** If you or someone else present is qualified, administer the appropriate first aid.

It is very important to get medical help (meaning hospital treatment) immediately. Statistics tell us that without medical help very soon after a heart attack 50% (one-half) of the victims die, whereas with prompt treatment the death rate is reduced to 20% (one-fifth).