



Safety Message of the Day for IMEA Members

Heart Attack Safety Message

Every single year there are 735,000 Americans who suffer heart attacks, according to the CDC. Out of that number, 525,000 of them 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.



Signs and Symptoms of a Heart Attack

Chest pain or discomfort.

Upper body pain or discomfort in the arms, back, neck, jaw, or upper stomach.

Shortness of breath.

Nausea, lightheadedness, or cold sweats.

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.

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.

Discussion point:

Review your company's emergency response plan for a medical emergency.