



# Toolbox TALK

## HEART HEALTH

With an increase in poor diets and sedentary lifestyles, heart attacks and other cardiac issues are becoming more frequent among Americans. According to the American Heart Association, a heart attack occurs every 40 seconds in the United States.

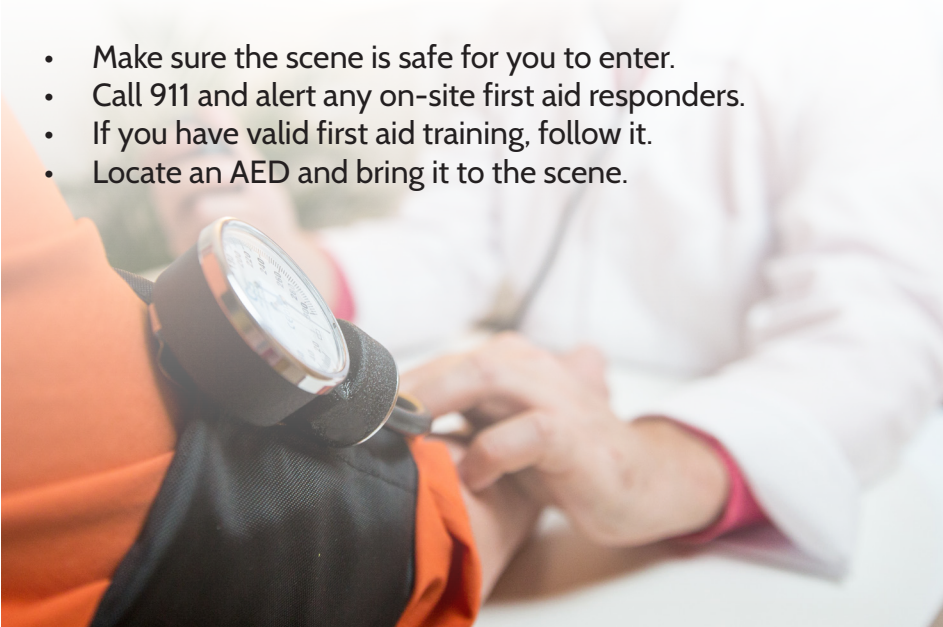
Take these steps to proactively reduce the likelihood of cardiac events:

- Maintain a healthy balanced diet.
- Exercise regularly. Sixty minutes per day is recommended.
- Monitor your blood pressure and other vital signs, especially if your family has a history of cardiac problems.
- Get regular checkups with a physician.

If a coworker is experiencing distress, execute your emergency action plan.

A good plan will include the following first steps:

- Make sure the scene is safe for you to enter.
- Call 911 and alert any on-site first aid responders.
- If you have valid first aid training, follow it.
- Locate an AED and bring it to the scene.



Date:

### ATTENDANCE RECORD

SUPERVISOR:

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CREW MEMBERS PRESENT:

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COMMENTS/FEEDBACK:

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