

Editor's Note: Safety Group Program Monthly Newsletter Article — Feb. 2020

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Heart Attacks and Strokes: Know What to Do

How do you know if one of your workers is having a heart attack or stroke? What exactly should you do? And are your employees prepared to step up and do what's necessary?

Now is the perfect time for your organization to answer these questions, since February is American Heart Month. Each year, 10,000 Americans suffer heart attacks at work. Here are some things to know and do to reduce the chances of becoming one of the statistics.

What's a heart attack?

A heart attack is when sections of the heart muscle are blocked from getting blood, often due to a clogged artery.

What are the signs?

- Chest discomfort.
- Confusion or trouble understanding what is happening.
- Discomfort in the arms, back or elsewhere.
- Shortness of breath.
- Perspiration.
- Nausea.
- Lightheadedness.

How to help?

- Call 911.
- Sit or lay the worker down.
- At the advice of a 911 operator, administer two 81 mg tablets of aspirin.

What's a stroke?

A stroke is a blood clot that doesn't allow the brain to get the blood it needs.

What are the signs?

- Numbness or weakness, particularly on one side of the body.
- Confusion or difficulty understanding others.
- Difficulty speaking.
- Impaired vision in one or both eyes.
- Trouble walking or even standing.
- Dizziness.
- Severe headache.

How to help

- Don't ignore the signs, and don't delay action.
- Call 911.
- Note the time, which should be shared with treating clinicians.

Conduct CPR training

Consider empowering your employees with CPR training and certification at your workplace. Make classes available throughout the year. Promote what the American Heart Association calls hands-only CPR, which is resuscitation without breaths, learned easily and administered quickly. Quick, informed action can save the life of a worker, customer or business partner.

Pinnacol resources

Check out this informative [article from Pinnacol](#). For ideas and help raising awareness and know-how at your workplace, contact Pinnacol's Safety On Call at safetyoncall@pinnacol.com or 303.361.4700 or 888.501.4752.

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