Heart Attack and Stroke in the Work Place: Do you know the Warning Signs?

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RECOGNIZING THE EARLY WARNING SIGNS OF HEART ATTACK AND STROKE COULD SAVE SOMEONE'S LIFE.

Every 7 minutes, someone in Canada dies from heart disease or stroke (Statistics Canada, 2011). About 2,300 Americans die of cardiovascular disease each day, an average of 1 death every 38 seconds.

If a co-worker was experiencing symptoms of a stroke or heart attack at a job site, would you be able to recognize the signs and act?

In this post, you will learn what to look for when someone in the work place is experiencing a stroke or a heart attack.

What is a Heart Attack?

A heart attack happens when sections of the heart muscle is blocked from receiving blood often by way of a clogged artery. Blood restriction causes portion of the heart muscle dies.

WARNING SIGNS OF A HEART ATTACK

Recognizing the warning signs of a heart attack could save someone's life. Be aware of the following symptoms among your co-workers.

- **Chest discomfort**(uncomfortable chest pressure, squeezing, fullness or pain, burning or heaviness)
- Confusion or trouble understanding other people
- **Discomfort in other areas of the upper body**(neck, jaw, shoulder, arms,

back)
- Shortness of breath
- Sweating
- Nausea
- Light-headedness

WHAT SHOULD I DO IF SOMEONE IS HAVING A HEART ATTACK?

- If someone is experiencing symptoms of a heart attack, be sure to take the appropriate steps to mitigate the effects of blood loss to the brain.
- **Call 9-1-1**(or have someone call for you).
- Stop all activity, have the person sit or lay down.
- If the sufferer takes nitroglycerin regularly, they should take the normal dosage.
- With the advice of a 9-1-1 operator, chew and swallow two 80mg tables of ASA – Aspirin (do not take acetaminophen or ibuprofen instead).

What is a Stroke?

A stroke is a blood clot preventing your brain from getting the blood it requires. The important thing is what you do if stroke symptoms happen; the sooner the treatment, the less chance of serious damage to the brain and less chance of permanent disability.

WARNING SIGNS OF A STROKE

Recognizing the warning signs of a stroke could prevent serious damage. Be aware of the following signs among your co-workers.

- Numbness or weakness in your face, arm, or leg, especially on one side
- Confusion or trouble understanding other people
- Trouble speaking
- Difficulty seeing with one or both eyes
- Trouble walking or staying balanced or coordinated
- Dizziness

Severe headache that comes on for no known reason

WHAT SHOULD I DO IF SOMEONE IS HAVING A STROKE?

If someone is experiencing symptoms of a stroke, be sure to take the appropriate steps to mitigate the effects of blood loss to the brain.

- **Don’t ignore stroke warning signs**– even if you have just one warning sign or if symptoms are mild or go away.
- **Don’t wait!**Every minute counts.
- **Call 911**or emergency medical services (EMS) if you have one or more symptoms for more than a few minutes. An ambulance can get you to a hospital without delay.
- **Check the time**when symptoms begin. This is important information to share when you arrive at the hospital.

Even if you’re not 100% sure if someone is experiencing a stroke, be sure to act as soon as possible. It’s better to have a wasted trip to the hospital rather

than risk permanent damage.

Conclusion

Having some basic knowledge to recognize the symptoms of a stroke or heart attack could save your own or a co-worker’s life and prevent any long-term damage. Not ignoring the signs and making a quick response is your best bet to insure a positive outcome to an emergency.

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