



**Take care of your
Heart**

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February is Heart Health Month.

While we typically provide safety talks related to hazards in the workplace it is important to take a moment to consider that every time we do something physical we are potentially at risk of placing strain on our heart. When we exercise we push ourselves to increase cardiac output to strengthen our hearts and health but sudden physical activity for otherwise sedentary people or people with high risk factors such as hypertension, obesity, heart disease can result in a risk of a cardiac incident. Make sure you check with your doctor before you embark on a new exercise program.

If your work requires physical activity it is important that you maintain a healthy lifestyle to reduce your risk of heart incident. If your work does not require physical activity it is equality important that you take the time in your non work hours to find opportunities to exercise to build up your heart health.

Please visit your doctor to discuss your heart health, have a blood pressure check and discuss your lifestyle choices and their effect on your overall health. Your family and friends depend on you.

Please take a moment to review the attached for signs and symptoms of heart attack or stroke. It might just save your life or someone you care about.

