

TOOLBOX TOPIC

HEART ATTACK & STROKE



Before this toolbox you may like to order these resources

Heart Foundation Website https://heartfoundationshop.com/main_menu/mobile_products/content/?id=368

Stroke Foundatoin Website <https://strokefoundation.org.au/About-Stroke/Stroke-symptoms/FAST-wallet-card>

Heads Up BeyondBlue Website <https://das.bluestaronline.com.au/api/prism/document?token=BL/1391>

INTRODUCTION

Looking at how many people die and what caused their death can provide vital information about the health of a population and what we need to be aware of in the workplace.

CAUSES OF DEATH

Coronary heart disease is the leading underlying cause of death in Australia, followed by dementia and Alzheimer disease, and cardiovascular disease (which includes stroke). Lung cancer and chronic obstructive pulmonary disease (COPD) make up the top 5 leading underlying causes of death in Australia in 2014, for males and females of all ages combined.

CAUSES OF DEATH BY AGE

The leading underlying causes of death are different at different ages. This helps us to work out in the workplace what we can do to support ant health and wellbeing of our staff.

Age	Most Common	Second Cause
15 - 24	Suicide	Transport Accidents
25 - 44	Suicide	Accidental Poisoning
45-64	Heart Disease	Lung Cancer
65-74	Lung Cancer	Heart Disease
75-84	Heart Disease	Cardiovascular Disease (stroke)

Workplace Interventions

- Mental health and wellbeing strategies
- Encourage regular medical check ups
- Encourage healthy lifestyles
- Smoke-free workplaces and cessation programs
- Suicide sign awareness
- Heart attack awareness
- Stroke awareness
- Driver safety & awareness

DATE:

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**SUPERVISOR/
MANAGER:**

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EMPLOYEE NAMES:

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QUESTIONS TO GENERATE DISCUSSION

What would be your top 2 things that you would like in the workplace to help keep us healthier?

WARNING SIGNS It's vital to get treatment fast, if a worker is experiencing the warning signs of a call Triple Zero (000) immediately and ask for an ambulance. Warning signs may not be what you think. They can vary from person to person, and they may not always be sudden or severe.

HEART ATTACK - Around 55,000 Australians suffer a heart attack (1 heart attack every 10 minutes)

Although chest pain or discomfort are common symptoms of a heart attack, some people will not experience chest pain at all, while others will experience only mild chest pain or discomfort.

Discomfort or pain in your chest

This can often feel like a heaviness, tightness or pressure. People who have had a heart attack have commonly described it as like "an elephant sitting on my chest", "a belt that's been tightened around my chest" or "bad indigestion". The discomfort may spread to different parts of your upper body.

Discomfort in your arm(s), shoulder(s), neck, jaw or back

You may have a choking feeling in your throat. Your arms may feel heavy or useless.

Other symptoms

You may:

- Feel short of breath
- Feel nauseous
- Have a cold sweat
- Feel dizzy or light-headed.
- Some people have also described feeling generally unwell or "not quite right".

Symptoms can come on suddenly or develop over minutes and get progressively worse. They usually last for at least 10 minutes.

STROKE - Around 30% of stroke survivors are of working age

Using the F.A.S.T. test involves asking these simple questions:

Face Check their face. Has their mouth drooped?

Arms Can they lift both arms?

Speech Is their speech slurred? Do they understand you?

Time Is critical. If you see any of these signs call 000 straight away.

Other signs of stroke may include one, or a combination of:

- Weakness or numbness or paralysis of the face, arm or leg on either or both sides of the body
- Difficulty speaking or understanding
- Dizziness, loss of balance or an unexplained fall
- Loss of vision, sudden blurring or decreased vision in one or both eyes
- Headache, usually severe and abrupt onset or unexplained change in the pattern of headaches
- Difficulty swallowing

The signs of stroke may occur alone or in combination and they can last a few seconds or up to 24 hours and then disappear. When symptoms disappear within 24 hours, this episode may be a mini stroke