



## JANUARY SAFETY TOPIC

### Risk of Heart Attack Winter Season

The winter season not only brings inclement weather but also a heightened risk for heart attacks. From strenuous activities like shoveling to the stress of loneliness, there are a lot of reasons why winter is hard on your heart.



#### HOW DOES COLD WEATHER AFFECTS THE HEART?

Many people aren't conditioned to the physical stress of vigorous outdoor activities and don't know the potential dangers of being outdoors in cold weather. According to the Heart & Stroke Foundation of Canada, cold weather increases blood pressure and heart rate, which raises the risk of heart attack and stroke.

- Winter sports enthusiast who don't take certain precautions can suffer accidental hypothermia.
- People with coronary heart disease often suffer angina pectoris (chest pain or discomfort) when they're in danger.



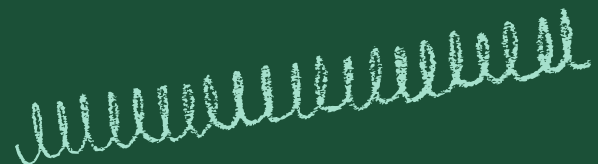
#### WHO IS AT HIGHER RISK?

**OLDER ADULTS:** As age increases, the risk of heart disease generally rises, making older adults particularly susceptible.

**INDIVIDUAL WITH PRE-EXISTING HEALTH CONDITIONS:** Those with conditions such as high blood pressure, high cholesterol, or diabetes may face an elevated risk.

**PEOPLE ENGAGING IN PHYSICAL EXERTION:** Activities such as shovelling snow or exercising in sub-zero temperatures can trigger cardiac events, especially in those unaccustomed to vigorous physical activity.

RESOURCES: [ALERTMEDIA.COM](http://ALERTMEDIA.COM)  
[HEART.ORG](http://HEART.ORG)  
[HEALTHING.CA](http://HEALTHING.CA)



# HEART ATTACK SIGNS AND SYMPTOMS

Stress and panic attacks can often mimic the signs of heart attack, so it's important to know the difference.

- **WOMEN CAN EXPERIENCE A HEART ATTACK WITHOUT CHEST PAIN, ALTHOUGH THEY MAY FEEL PRESSURE IN THEIR LOWER CHEST, UPPER ABDOMEN OR UPPER BACK.**
- **FOR MEN, IT'S SHORTNESS OF BREATH, CHEST DISCOMFORT, WHICH MIGHT BE A SQUEEZING PAIN OR PRESSURE IN THE CHEST, PAIN THAT MAY RADIATE UP THE LEFT SHOULDER AND DOWN THE LEFT ARM, SWEATING, DIFFERENT TYPE OF PAIN IN THE JAW, NECK AND LIGHTHEADEDNESS.**
- **DROPPING FACE OR ARMS AND SLURRED OR JUMBLED SPEECH.**

*Tips to support employee heart health and safety*



**PROMOTE REGULAR HEALTH CHECK UPS, ESPECIALLY FOR THOSE AT HIGHER RISK FOR HEART ISSUES.**

**Encourage employees to dress warmly and appropriately for outdoor activities.**

**Emphasize the importance of not overexerting themselves during physical activities, particularly in cold weather**

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