

TOOLBOX TALK: Heart attack awareness

Presenter's Notes :

1. This Toolbox Talk will be delivered to all teams across TMR and is an opportunity to discuss TMR's Zero Harm roles and responsibilities.
2. It will take approximately 15 minutes to deliver.
3. Try to make the Toolbox Talk as interactive as possible by asking the suggested questions.
4. If you have an interactive session, please capture the comments and forward them to the WHS Program Office so we can learn from them.
5. You can change the language of this Toolbox Talk to suit your style but please keep the main themes.

What is a heart attack?

A heart attack happens when there is a sudden complete blockage of an artery that supplies blood to an area of your heart. As a result, some of your heart muscle begins to die. Without early medical treatment, this damage can be permanent.

Heart attack warning signs vary

With a heart attack, every minute counts. Know the warning signs of a heart attack and what to do if you or someone around you experiences the warning signs.

Warning signs vary from person to person and they may not always be sudden or severe.

Although chest pain or discomfort is the most common symptom, some people will not experience chest pain at all. Symptoms may include:

- chest pain or discomfort
- pressure, heaviness or tightness in one or more parts of the upper body including chest, neck, jaw, arm(s), shoulder(s) or back
- any or all of the above symptoms, in combination with other symptoms such as nausea, shortness of breath, dizziness or a cold sweat.

Tell someone how you feel.

If you have chest pain or other warning signs of a heart attack that are severe, get worse quickly, or last 10 minutes, call **Triple Zero (000)** immediately.

If calling Triple Zero doesn't work on your phone try **112** and:

- ask for an ambulance
- don't hang up
- wait for the operator's instructions.

How do I know if I am at risk of a heart attack?

We do know that certain things called *risk factors* make a person more prone to the disease and therefore more likely to have a heart attack or stroke. These include:

- raised blood cholesterol levels (fat in the blood)
- having high blood pressure (pressure of the blood in your blood vessels)
- smoking
- having diabetes
- being overweight or obese
- being physically inactive
- having a family history of heart disease or stroke
- being male.

Other factors such as stress are also believed to contribute to heart and blood vessel disease.

Did you know?

Coronary heart disease (CHD) is Australia's biggest killer. Each year, around 55,000 Australians suffer a heart attack. This equates to around 150 heart attacks a day, or one heart attack every 10 minutes.

Reduce your risk of heart attack

Lifestyle can contribute to, or prevent a heart attack. To reduce your risk of heart attack:

- have regular medical check ups
- lose weight if you are overweight
- exercise daily and increase your overall fitness
- eat a low cholesterol, low fat, and low salt diet
- avoid alcoholic drinks if you have high blood pressure or heart problems
- control blood sugar if you have diabetes
- quit smoking.

For more information:

Heart Foundation: 1300 362 787 or www.heartfoundation.org.au.

