

.pdf



Heart Health Awareness Month

Instructor -- Chris Jenkins

Division -- Seattle

Start Date -- 2026-02-03

Expiration Date -- Does not expire

Job Name -- Tolt

Foreman -- Jon Sanders

Attendance -- Jon Sanders, Chris Jenkins

Comments:

This month is Heart Health Awareness Month, and today we're talking about something that can happen anywhere : on the job, at home, or with a coworker standing right next to you; and that's a myocardial infarction or more commonly known as a heart attack.

You might think, :I'm not trained in CPR, so I wouldn't know what to do.: But here's the important part, you can still help, and you can help save a life.

First Thing - Know the Warning Signs

Heart attacks don't always look like what you see on TV. They can be subtle, so it's important to pay attention. Here's what to watch for:

Chest pressure, tightness, or acute pain.

Pain spreading to your arm, neck, jaw, or back.

Shortness of breath.

Cold sweats, nausea, or dizziness.

Extreme fatigue or just feeling :off:.

For women especially, symptoms may show up as nausea, jaw pain, or shortness of breath instead of chest pain.

If something doesn't feel right : trust your gut.

What To Do If Someone Is Having a Heart Attack - Even if you are not CPR trained, here's what you should do:

Call 911 immediately - Don't wait. Put your phone on speaker so the dispatcher can guide you step by step.

Stay with the person - Have the victim sit or lie down, keep them calm and still, loosen any tight or restrictive clothing.

Use an AED if one is available - AEDs can talk you through every step, and you can't hurt someone by using one.

This is why it's so important to know where the AED is located on your jobsite.

If the person becomes unresponsive, remain calm, the 911 dispatcher will tell you exactly what to do to continue providing life saving measures.

Remember - doing something is always better than doing nothing.

If you're CPR or First Aid trained, step in and take the lead if it's safe to do so.

Call 911 immediately or make sure someone else has called.

If the person becomes unresponsive and is not breathing normally, begin CPR.

Send someone to get the AED right away and use it as soon as it arrives.

Follow your training and the AED prompts until help arrives.

Continue care until EMS takes over or you are physically unable to continue.

Your training matters. Confidence, quick action, and teamwork can make the difference between life and death.

What About the Good Samaritan Law:

All 50 states have a Good Samaritan Law that protects people who step in to help during an emergency. If you act in good faith, are trying to help, and are not reckless or expecting anything in return, the law protects you. Don't let fear of :doing the wrong thing: stop you from helping : calling 911, staying with the person, and using an AED can save a life.

Remember This!

Heart disease is the leading cause of death in the United States. Quick action saves lives when

every second counts.