

OVER ►



BC Forest Safety

Safety is good business

HEALTH AWARENESS: CARDIOVASCULAR HEALTH

- HIGH RISK LEVELS FOR CARDIOVASCULAR DISEASE INCREASE YOUR RISK OF A SERIOUS WORKPLACE INCIDENT
- THE RISK OF HIGH BLOOD PRESSURE, HEART DISEASE AND STROKE IN DRIVERS AND EQUIPMENT OPERATORS IS TWICE THE NATIONAL AVERAGE
- THE ONLY WAY TO KNOW IF YOU HAVE HIGH BLOOD PRESSURE IS TO TEST IT
- YOU CAN CHANGE YOUR BEHAVIOUR TO LOWER YOUR CARDIOVASCULAR RISK

HEALTH AWARENESS: BLOOD PRESSURE AND CARDIOVASCULAR HEALTH

DATE: _____ FILE NUMBER: _____ DISCUSSION FACILITATED BY: _____
(IF APPLICABLE)

Use this Crew Talk to lead and document a worksite conversation on the increased risk of high blood pressure and cardiovascular disease in forestry workers, and the association between high blood pressure, cardiovascular disease and increased risk of workplace incidents.

KEY POINTS:

- Drivers and equipment operators are almost twice as likely to be at risk for high blood pressure and cardiovascular disease than the average Canadian.
- There is a higher incidence of serious workplace incidents in people who are at high risk for cardiovascular disease.
- The only way to know if you have high blood pressure is to measure it with a certified device and proper procedure.
- Smoking, alcohol consumption, obesity, high salt intake, diabetes, high levels of low density cholesterol (LDL) in the blood and lack of physical activity are all associated with increased risk of high blood pressure and cardiovascular disease.
- Your dietary and lifestyle choices can change your risk level for high blood pressure and cardiovascular disease.

DISCUSSION LEADS:

- How many people know someone who has had a stroke or heart attack? How did the event alter their plans for what they wanted to do in life?
 - o It's easy for people to ignore how their behavior increases the risk of disease or a serious incident. Sometimes, actually seeing the effect of a stroke or heart attack will inspire people to make important changes in their lives
- Get each person to name one change they could make to lower their risk of high blood pressure and cardiovascular disease.
 - o Stop smoking, limit alcohol intake to no more than two drinks per day, increase physical activity, limit salt intake, increase fruit and vegetable consumption, decrease intake of animal proteins and fats, increase consumption of omega-3-fatty acids (cold water fish, walnuts and ground flax seed), olive oil and canola oil.
- Run a health challenge where everyone commits to taking action on at least one of the behavioral changes that can lower their risk of high blood pressure or cardiovascular disease. Chart compliance and provide incentives for people who stick with it for a month.

RESOURCES:

- High Blood Pressure and Cardiovascular Health Resource Package:
www.bdorestsafe.org/node/3435
- High Blood Pressure and Cardiovascular Health Posters:
www.bdorestsafe.org/node/3435
- Heart and Stroke Foundation:
www.heartandstroke.ca/get-healthy
- Working on Wellness Resources:
www.bchealthyiving.ca/what-we-do/working-on-wellness/wellness-topics/
- 100 Health Tips:
www.heartandstroke.ca/-/media/pdf-files/e-books/100-healthy-things-en.ashx?rev=114dbc3e7e1845658b17b918403f0708

DOCUMENTATION: I CONFIRM THAT I TOOK PART IN THIS DISCUSSION AND COMMITTO FOLLOWING BEST PRACTICES FOR REDUCING THE RISK OF HIGH BLOOD PRESSURE AND CARDIOVASCULAR DISEASE:

PRINT NAME:

SIGNATURE:

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