



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