



Security Spotlight

An Informational Guide for Securitas Clients

Be a life saver

Help make a difference by learning more and spreading the word to help raise awareness about heart disease and how to prevent it. The AHA website offers a variety of options to help people increase their knowledge and skills, including videos, e-learning and online, for CPR, first aid, and AED training. Consider acknowledging American Heart Month by enrolling in a course. CPR and AED training are available through a variety of sources including the Red Cross, the AHA, and many local hospital community centers.



Protect your heart

February is a good month to check up on your heart health. In addition to Valentine's Day, the month was designated "American Heart Month" by the President in 1963. The association of February with the heart makes it an appropriate time to share heart health tips and consider training to learn basic life-saving skills.

According to the American Heart Association (AHA), about every 40 seconds, someone in the United States suffers a heart attack which occurs when blood flow to the heart is blocked. Knowing the signs to watch for and learning Cardiopulmonary Resuscitation (CPR) could mean the difference

in someone's life or death. Having employees trained in life-saving skills is a valuable resource for workplace safety. However, with four out of five sudden cardiac arrests happening outside of work, it is more likely that an emergency requiring the administration of CPR will involve a friend, neighbor, or family member.

Know the signs

Sudden cardiac arrest (SCA) happens when a victim's heart suddenly and unexpectedly stops beating and can strike quickly and without warning. When this happens, blood stops flowing to the brain and other vital organs. Death can occur within minutes if no treatment is given. However, the odds of survival rise



The AHA also partners with companies to offer a Healthy for Life® program that teaches healthy attitudes, eating and lifestyle habits. It provides talking points and a toolkit to help individuals and organizations without a background or experience in healthcare facilitate healthy cooking, nutrition, and lifestyle choices in their community.

Learn more

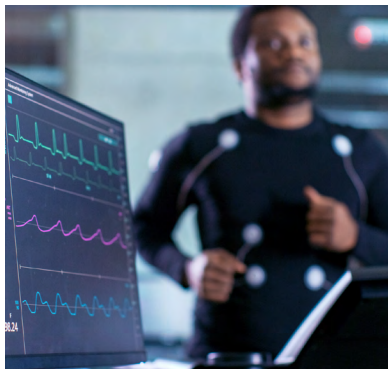
Information, statistics, and tips about heart health are available from the following resources.

[American Heart Association](#)

[U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion](#)

[National Heart, Blood, and Lung Institute](#)

[Centers for Disease Control and Prevention](#)



dramatically if witnesses provide quick and proper response to the victim while waiting for emergency personnel to arrive. The Occupational Safety and Health Administration (OSHA) estimates that when CPR and defibrillation are provided within the first five minutes of collapse, survival rates for SCA victims can be greater than 90 percent.

Heart attacks can happen suddenly or come on slowly. Heart attacks, SCAs, and strokes can look similar. Know the warning signs, and when to call 911. More information about these and other heart conditions is available on the [AHA website](#).

- *Heart attack*—The most common heart attack symptom is chest discomfort. Symptoms can vary based on age, gender, or other factors. Some common warning signs include shortness of breath; upper body discomfort such as in the jaw, back, neck or arm; nausea; light headedness; or breaking out in a cold sweat.
- *SCA*—If a person suddenly loses consciousness and does not take a normal breath when their head is tilted up, they may be experiencing sudden cardiac arrest. Call 911

immediately. If a second person is available, one person should administer CPR while the other calls 911 and gets a defibrillator, if available.

- *Stroke*—Keep the acronym FAST in mind. **F**ACE drooping, **A**RM weakness, **S**PEECH difficulty, and **T**IME to call. If a person shows any symptoms in the first three categories, call 911 immediately.

Take care of your heart

The road to protecting your heart begins with taking care of your health and well-being. One way to do this is to make—and keep—appointments with your doctor so you can monitor physical factors that contribute to heart health. The keys to heart health lie in maintaining a healthy lifestyle. According to the AHA the following lifestyle choices can help you keep your heart in good health.

- Make smart food choices.
- Maintain a healthy weight.
- Quit smoking.
- Include physical activity in your daily routine.
- Practice good mental hygiene by managing stress and engaging in social activities.

