

Tools for Life – Weekly Health & Safety Meeting

Apollo

— MECHANICAL CONTRACTORS —
Building People Who Build Great Things

Home Healthy - Home Safe

February 2021

Heart Attack Warning Signs in Women

As Valentine's Day approaches lets show a little love for our hearts, especially the hearts of the women in our lives. Did you know that early warning signs of a heart attack are missed in 78% of women,, and that their heart attacks are more fatal? This is partly because the majority of heart research has been focused on men. No offense guys, your hearts matter too, but this toolbox talk is intended to help us know the signs of a heart attack in women.

Some signs of heart attack in women are the same as for men, and may include chest or upper body discomfort, sweating, shortness of breath, nausea and or lightheadedness. But women can have a heart attack without chest pressure. They may also experience the symptoms shown in the picture below:



These symptoms, without crushing chest pain, could be early warning signs of a heart attack and they can occur weeks before an actual heart attack. When these signs occur its best to chew on 160 milligrams of aspirin and call 911. Women (and their spouses or

HEALTH OR SAFETY REMINDER:

partners) especially those with a family history of heart disease need to be mindful of their symptoms because they know their bodies best. If something doesn't feel right, you might have to be more persistent with your doctor.

Discussion Points / Question:

1. What are some warning signs of a heart attack in women?
2. Are the warning signs of heart attacks for women the same as for men?
3. What should you do immediately for a man or woman that you think is having warnings signs of a heart attack?