

Tools for Life – Weekly Health & Safety Meeting



Home Healthy - Home Safe

April 2021

Blood Clots are a Silent Threat

Do you spend long hours sitting at a computer, long hours driving, traveling on planes, or binge watching an entire Netflix series? A sedentary lifestyle is not healthy and it could put you at risk of developing blood clots such as deep vein thrombosis (DVT). Recently 2 Apollo employees reported this happening to them: a manager and a pipefitter, neither of whom fits the typical risk profile. Individuals with DVT are at increased risk of that blood clot moving to the lungs and causing a medical emergency.

A blood clot is a clump of blood that has changed from a liquid to a gel-like or semisolid state. When you sit for a long periods of time, the blood flow to your legs slows down, and when your legs are still and hanging down, blood tends to pool in the muscular beds of the calf. These factors can make it easier for a clot to form and increase your risk for DVT.

Recognize Symptoms of a Blood Clot

50% of all blood clot cases occur with no symptoms, but if you notice these symptoms contact your medical provider:

- Swelling of your leg or arm
- Pain or tenderness not caused by an injury
- Skin that is warm to the touch, with swelling or pain
- Redness of the skin, with swelling or pain

Reduce your Risk

Simple modifications can help reduce your risk. Some simple tips to keep your blood flowing include:

- **Desk workers** - Try to take a break from sitting once every hour. Walk to the printer, bathroom or kitchen.
- **Take short walk breaks as often as you can.** – Try taking a phone call on the go or using a headset so you can move freely around the home.
- **Try chair exercises.** – Simple leg raises, ankle flexing, and calf raises are low-impact ways to keep blood circulating.
- **Make time for play.** – When your work is done, include time to get active. Go for bike ride, walk with your family, or even play hide-and-seek with your kids in the yard – it's all about movement.
- **During long drives** – Have you done an ergonomic assessment of your driving position? Make sure the seat edge does not cut into the back of your legs. Stop every hour or two to stand, stretch, take a quick walk for 10 minutes.

HEALTH OR SAFETY REMINDER: A good laugh and a long sleep are the best cures in the doctor's book. Irish proverb

Discussion Points / Question:

1. What is a blood clot?
2. What are some symptoms of blood clots?
3. How can we reduce our risk of blood clots?