

# Safety Newsletter

## Benefits of physical activity

Physical activity plays an important role in the health, well-being and quality of life of Canadians. People who are physically active live longer, healthier lives. Active people are more productive, and more likely to avoid illness and injury.

### Everyone needs activity

It's always a good idea to add physical activity to your life, regardless of your age. Physical activity can:

- dramatically lower your risk of heart disease and stroke
- help prevent and control risk factors such as: high blood pressure high cholesterol type 2 diabetes osteoporosis certain types of cancer obesity
- reduce stress levels
- increase energy
- improve sleep
- improve digestion



You may see benefits within the first week of regular activity. For example, your blood pressure may improve and you could start to feel more energetic and relaxed. After three months, you may experience better health, improved posture and balance, stronger muscles and bones, more confidence and a more positive outlook on life.

Because physical activity makes you feel better about yourself, you're more likely to make healthy lifestyle choices and avoid unhealthy ones such as smoking, overeating or drinking too much alcohol. Inactivity, on the other hand, is linked to a higher risk of heart disease, stroke and the many disabilities they can cause. In addition, lack of activity may increase your risk for:

- high blood pressure
- high cholesterol
- type 2 diabetes
- osteoporosis
- certain types of cancer
- obesity
- falls and injuries
- depression



Almost everyone can benefit from active living. If you have arthritis or osteoporosis, physical activity is extremely important to keep you mobile. If you've already had a heart attack, becoming active may help to prevent another one. And people over 65 with poor mobility who engage in muscle and bone strengthening activities can enhance their balance and prevent falls.

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*Happy  
Valentine's  
Day*

**FEBRUARY**  
HEART AWARENESS MONTH



### How Much Activity Do I Need?

*The following are suggestions for adults between the ages 18-64:*

- ◆ **150 minutes / week**—moderate to vigorous physical activity
- ◆ **Twice / week**—add strength & flexibility activities
- ◆ **Start slow**—build intensity and duration over time

### Regional Director of Emergency Management/OH&S

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### Up Coming Courses

- ◇ **Orientation:** Let the Safety Dept. know if you have Staff needing an Orientation.
- ◇ **First Aid Recertification**—February 1, 2018
- ◇ **Mock Exercise for TEP**— Feb
- ◇ **Mock Exercise for TSP**— Feb

### Incident Updates YTD:

#### **Town of St. Paul:**

Injury - 0  
Equipment Damage - 3

#### **County of St. Paul:**

Injury - 2  
Equipment Damage - 2

#### **Town of Elk Point:**

Injury - 0  
Equipment Damage - 0

### What is Heart Disease ?

Your heart is a muscle that gets energy from blood carrying oxygen and nutrients. Having a constant supply of blood keeps your heart working properly. Most people think of heart disease as one condition. But in fact, heart disease is a group of conditions affecting the structure and functions of the heart and has many root causes. Coronary artery disease, for example, develops when a combination of fatty materials, calcium and scar tissue (called plaque) builds up in the arteries that supply blood to your heart (coronary arteries). The plaque buildup narrows the arteries and prevents the heart from getting enough blood.

### Heart disease is preventable and manageable.

Your best defense is controlling the risk factors that could lead to coronary artery disease, such as high blood pressure, high cholesterol, diabetes, smoking, stress, excessive alcohol consumption, physical inactivity and being overweight.

If you've been diagnosed with a heart condition, there are treatments to help you manage your illness. You can further reduce your risk by considering these heart-healthy steps:

- ◆ Be smoke-free.
- ◆ Be physically active.
- ◆ Know and control your blood pressure.
- ◆ Eat a healthy diet that is lower in fat, especially saturated and trans fat.
- ◆ Achieve and maintain a healthy weight.
- ◆ Manage your diabetes.
- ◆ Limit alcohol use.
- ◆ Reduce stress.
- ◆ Visit your doctor regularly and follow your doctor's advice.

### Heart Emergency Signs

#### Signs of a Heart Attack:

- ◆ Chest Discomfort; pressure, squeezing, fullness or pain, burning or heaviness.
- ◆ Sweating
- ◆ Upper Body Discomfort; neck, jaw, shoulder, arms, back.
- ◆ Nausea/vomiting
- ◆ Shortness of Breath
- ◆ Light-headedness



**Some of these symptoms women often brush off as the flu, stress or simply feeling under the weather—which could put their lives in jeopardy. Heart disease is the No. 1 killer of women, which is why it is imperative that women learn the warning signs and symptoms.**

*Thousands of Canadians die from heart attacks each year. Recognize the signs. Act quickly. You could save a life.*

1. **Call 9-1-1;** or local emergency number immediately. Emergency personnel can start treatment enroute to the hospital.
2. **Stop all activity;** sit or lie down, in whatever position is most comfortable.
3. **Take your nitroglycerin;** if you take nitroglycerin, take your normal dosage.
4. **Take Aspirin;** chew and swallow an Aspirin (ASA), if you are not allergic or intolerant (either one 325mg tablet or two 81mg tablets).
5. **Rest and wait;** stay calm while waiting for help to arrive.
6. **Keep a list of your medications in your wallet and by the phone;** emergency personnel will want this information.

#### Signs of Cardiac Arrest:

- ◆ Sudden Collapse
- ◆ Unresponsive to Touch and Sound
- ◆ Abnormal or No Breathing. Gasping is also a sign.

*If the heart stops for any reason, blood is no longer getting to the brain, heart and vital organs. Death can occur within minutes.*

1. **Call 9-1-1;** Or your local emergency number right away.
2. **Yell for and AED;** while you do CPR, someone else can fetch an AED if available.
3. **Start CPR;** push hard and fast in the centre of the chest.
4. **Don't be afraid of doing it wrong;** doing CPR, even if not perfect, gives the victim the best chance. You can't hurt. You can only help.

