Health PEI
OCCUPATIONAL HEALTH, SAFETY, & WELLNESS

Safety Talk

World Stroke Day - October 29



A stroke is a life-threatening medical emergency that occurs when blood flow to a part of the brain is disrupted, causing brain cells to die within minutes. It has become one of the leading causes of mortality worldwide, driven by late recognition of symptoms, rising cases of uncontrolled hypertension and diabetes.

Prevention starts with knowing your risk. Nine in ten Canadians have at least one risk factor for stroke or heart disease. Almost 80% of premature stroke and heart disease can be prevented through healthy behaviors. That means that habits like eating healthy, being active and living smoke – free, have a big impact on your health.





The FAST signs are the most common signs of stroke, and they are signs that are more likely to be caused by stroke than any other condition.
There are some additional signs of stroke that are less common.

They include:

* **Vision changes** – blurred or double vision
* **Sudden severe headache** – usually accompanied by some of the other signs
* **Numbness** – usually on one side of the body
* **Problems with balance**

Source: https://www.heartandstroke.ca/

DATE: _____

SAFETY TALK LEAD BY: _____

FACILITY: _____

DEPARTMENT: _____

DISCUSSION QUESTIONS:

What is a Stroke and the signs of a stroke?

What does FAST mean?

EMPLOYEE CONCERNS & IDEAS FOR IMPROVEMENT:	EMPLOYEES PRESENT:

FOLLOW UP ON CONCERNS:

If you have any feedback on the Safety Talks program or a suggestion for a Safety Talk, please contact a member of the Wellness & Safety Team or email healthpeihr@ihis.org

Safety Talks can be found on the Staff Resource Centre at:
https://src.healthpei.ca/safety-talks