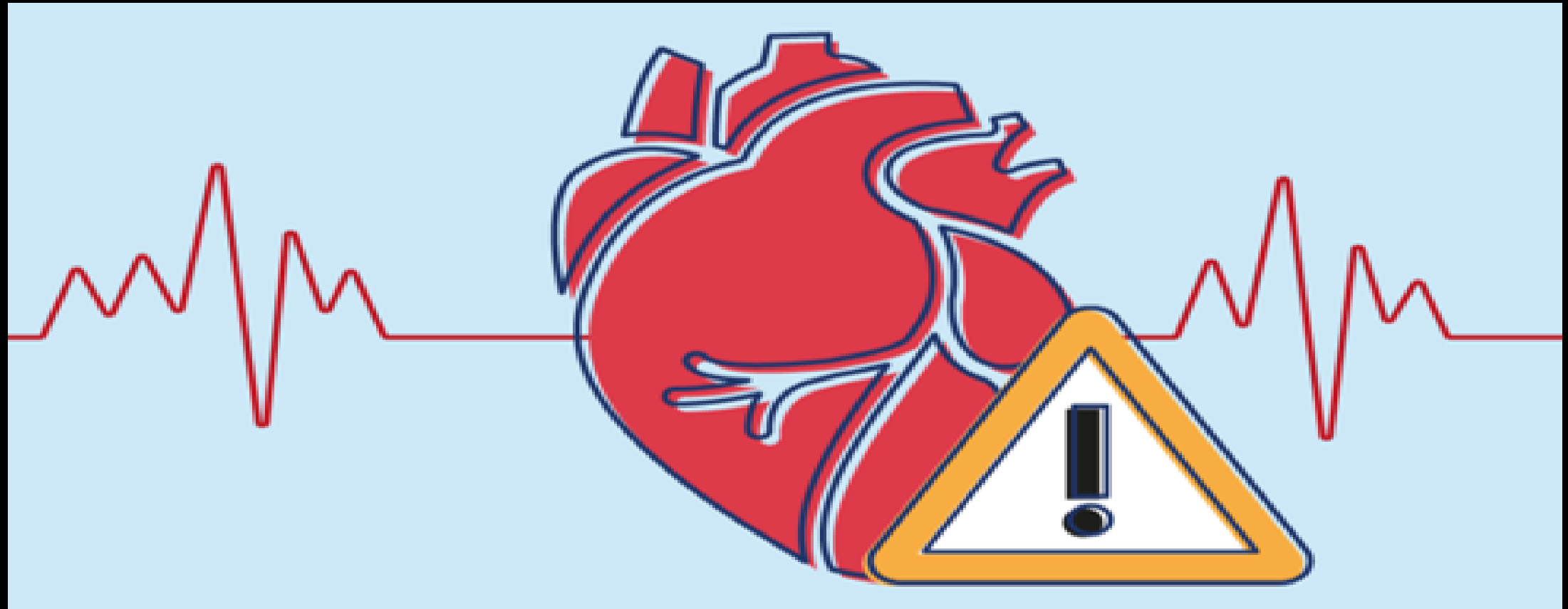


Heart Health In the Workplace

Presented by Dr. Mary Beth Crawford
Clinical Assistant Professor, UT College of Medicine



PLEASE

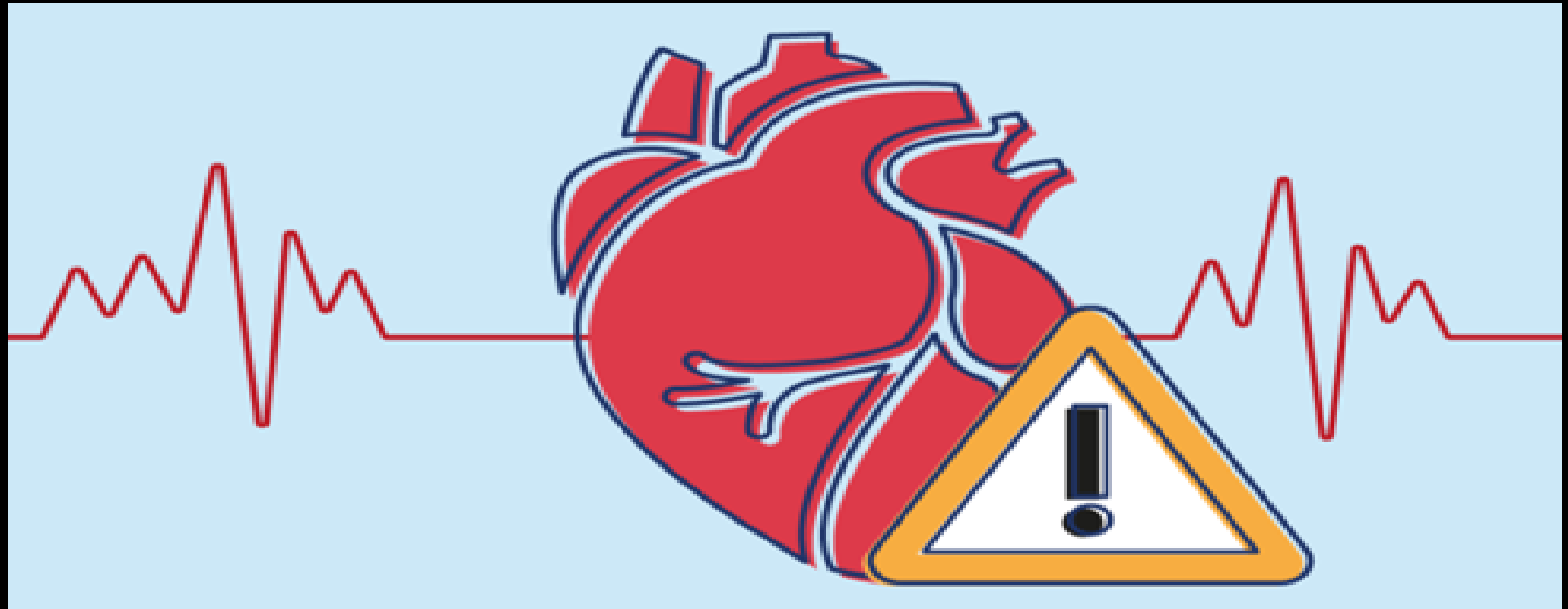
SILENCE

YOUR CELL PHONE



Heart Health In the Workplace

Presented by Dr. Mary Beth Crawford
Clinical Assistant Professor, UT College of Medicine



BWC MONTHLY UPDATE

January 2023

BWC Important Dates

- 300AP due (public employers) Feb. 1

BWC Safety Newsletter

2 new safety talks added Mower Safety and Office Safety

- [find downloadable talks here: Safety talks | Bureau of Workers' Compensation \(ohio.gov\)](#)

Census of Fatal Occupational Injuries, 2021

- [The United States](#) had 5,190 fatal work injuries in 2021, an increase of 8.9% over 2020 and the highest annual rate since 2016.
- [Ohio reported 171 fatalities](#), a rate of 3.4 fatalities per 100,000 workers.

OSHA Region 5 Local Emphasis Program here [Local Emphasis Program for Food Manufacturing Industry \(osha.gov\)](#)

Library Question of the Month

- A question received by the library over the past month with our response.
- **Question:**
- Could you please provide resources to help our emergency medical services (EMS) workers recognize bed bugs while out in the field? What precautions should workers take if they think they've been exposed to bed bugs?
- To find out the answer: go to the BWC website and search **Safety Newsletter**

OSHA Most frequently cited for 2022 - Construction

29 CFR 1926.

M	.501(b)(13)	FALL PROTECTION — RESIDENTIAL CONSTRUCTION	4,171
E	.102(a)(1)	EYE & FACE PROTECTION — USE OF APPROPRIATE PROTECTION	1,551
X	.1053(b)(1)	LADDERS — NOT EXTENDED 3 FEET ABOVE LANDING	1,540
M	.503(a)(1)	FALL PROTECTION — TRAINING FOR THOSE EXPOSED TO FALL HAZARDS	1,228
E	.100(a)	HEAD PROTECTION — USE OF PROTECTION	856
M	.501(b)(1)	FALL PROTECTION — UNPROTECTED SIDES & EDGES	706
L	.453(b)(2)(v)	AERIAL LIFTS — FALL PROTECTION WHILE IN BASKET	591
C	.20(b)(2)	GENERAL SAFETY & HEALTH PROVISION — INSPECTION BY A COMPETENT PERSON	442
M	.501(b)(10)	FALL PROTECTION — ROOFING WORK ON LOW-SLOPED ROOFS	406
C	.21(b)(2)	GENERAL SAFETY & HEALTH PROVISION — RECOGNITION & AVOIDANCE OF UNSAFE HAZARDS	401

OSHA Most frequently cited for 2022 - Industry

29 CFR 1910.






Trainings

[View our full list.](#)

Virtual Training Classes**

- 
- Accident Analysis Half-day Workshop (January 18)
- Crisis De-Escalation Tactics and Safe Practices (January 19)
- Hazardous Waste Operations and Emergency Response Awareness (January 26)
- Hazardous Waste Operations and Emergency Response Series Module 4: Air Monitoring, Work Zones (January 30)

In-Person Classes** [View the full schedule here](#)

- OSHA 30: Construction Safety Principles (January 23-27) in Youngstown
- OSHA Recordkeeping Half-day Workshop (January 24) in Cambridge
- OSHA 10: Industry Safety Basics (January 24-25) in Cincinnati
- Fall Hazards in Construction and Maintenance (January 24-25) in Canton

Webinars

- Recordkeeping 101: Recordkeeping for the Safety/HR Newbie (January 19)

Online E-Courses

- Online course times range from 30 minutes to approximately two hours and provide the ultimate in convenience for learning at your pace and at your desired time.

For more information or assistance, email dshcc@bwc.state.oh.us.

****Qualifies for safety council rebate external training credit with submission of attendance certificate to safety council sponsor by 6-30-2023.**



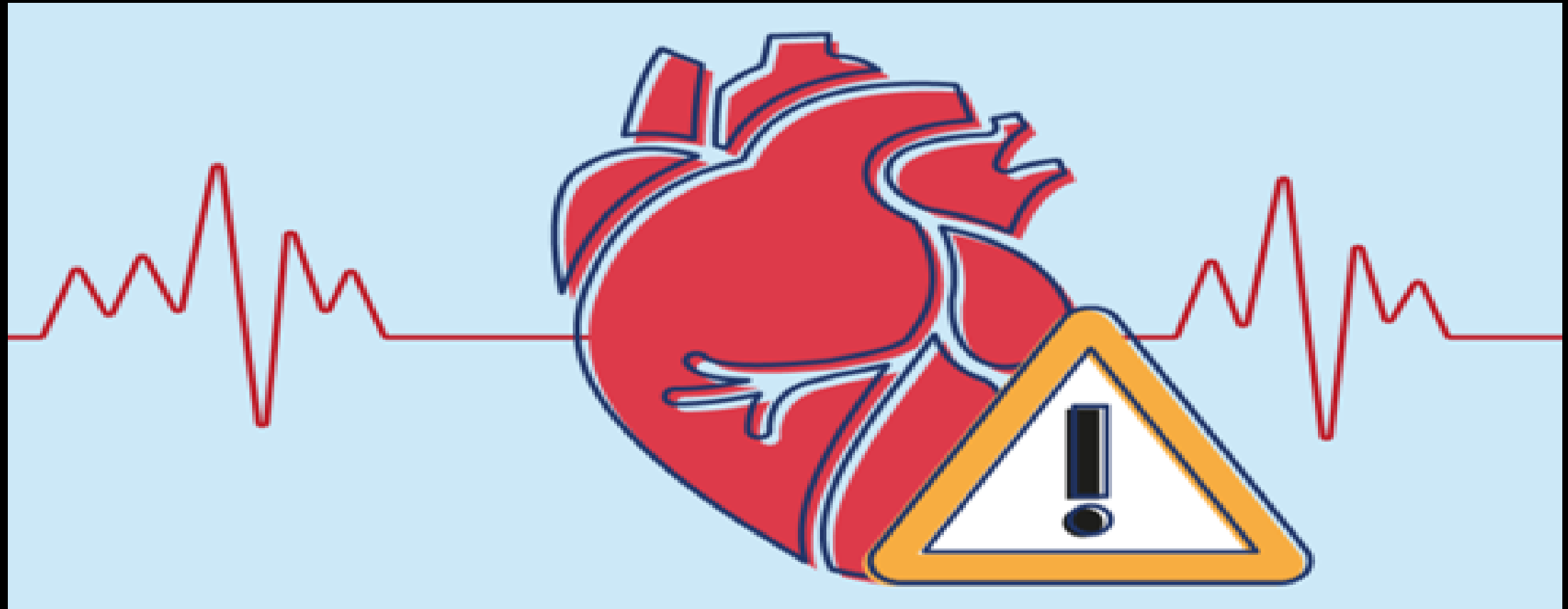
**register in the
BWC Learning Center**



**Ohio Safety Congress & Expo®
Greater Columbus Convention Center,
March 8-10, 2023.**

Heart Health In the Workplace

Presented by Dr. Mary Beth Crawford
Clinical Assistant Professor, UT College of Medicine



UPCOMING TOPICS/SPEAKERS

- February 21, 2023 – Safety's Not A Game
- March 21, 2023 – Hiring & Managing Minors, Non-English Speaking, & Other Diverse Individuals in the Workplace

Dates are also located on the Black Swamp Safety Council Website



Effective January 2023

Due to rising prices for food, room costs, lack of staffing, and outsourcing the meal to caterers, we have had to increase the price of the lunch to \$15 starting in January.

Lunch Price Increase to \$15

TODAY'S SPEAKER : Dr. Mary Beth Crawford

MD; Clinical Assistant Professor, Dept of Emergency Medicine

Dr. Crawford was born and raised in Toledo. She is the mother of 5 adult children. She graduated from Villanova University where she played Division 1 Collegiate Tennis. She attended the Ohio State University College of Medicine. She completed her residency in Emergency Medicine at The St. Vincent/Toledo Hospital program. She worked at St. Vincent's Hospital as an attending emergency medicine and Life Flight physician 1995-2000. From 2000 until 2016 she worked at St. Luke's Hospital where she was the Department Chair of Emergency Medicine, EMS Medical Director, Co-Director of the Chest Pain Center and Co-Director of their Primary Stroke Accreditation Program. She served as the Chair of the Lucas County Emergency Medical Services Policy Board for the 8 years and was an active board member for 15 years. From 2016-May 2020 she worked as an attending physician in several regional Emergency Departments as an Independent Contractor and was working part-time as a hospice team physician creating a more flexible work schedule. She has a Hospice Medical Director Certification. Currently she is working full time hours as a Hospice Medical Director and Team Physician in both outpatient and inpatient hospice settings. She embraced Motivational speaking in 2009 and has her speaking and life coach certification from the John Maxwell organization. She is a certified mindfulness and meditation teacher and is currently in process of obtaining a certification in Positive Psychology.

Heart and Brain Health

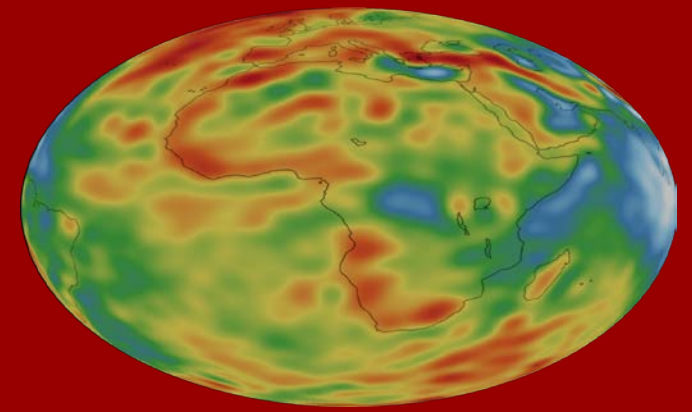
Recognize Symptoms

Respond and Reduce Risk

Black Swamp Safety Council,
Mary Beth Crawford, MD
January 17, 2023



Objectives



Discuss Common and Uncommon Presentations of Heart attack and Stroke

Discuss Risk Factors and Risk Reduction

Discuss Mind Body Connection and how Stress Reduction equals Risk Reduction

CDC Data 2020

Leading Causes of Death

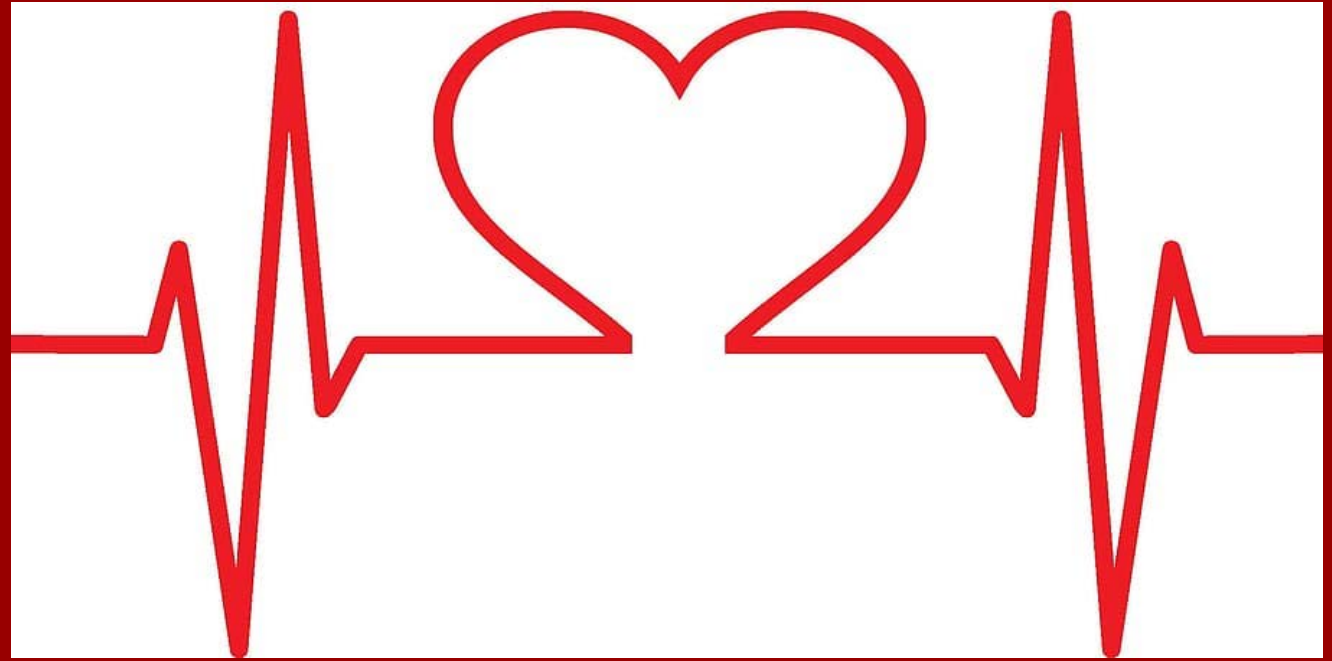
#1 Heart Disease

#2 Cancer

#3 Covid 19

#4 Accidents (unintentional injuries)

#5 Stroke



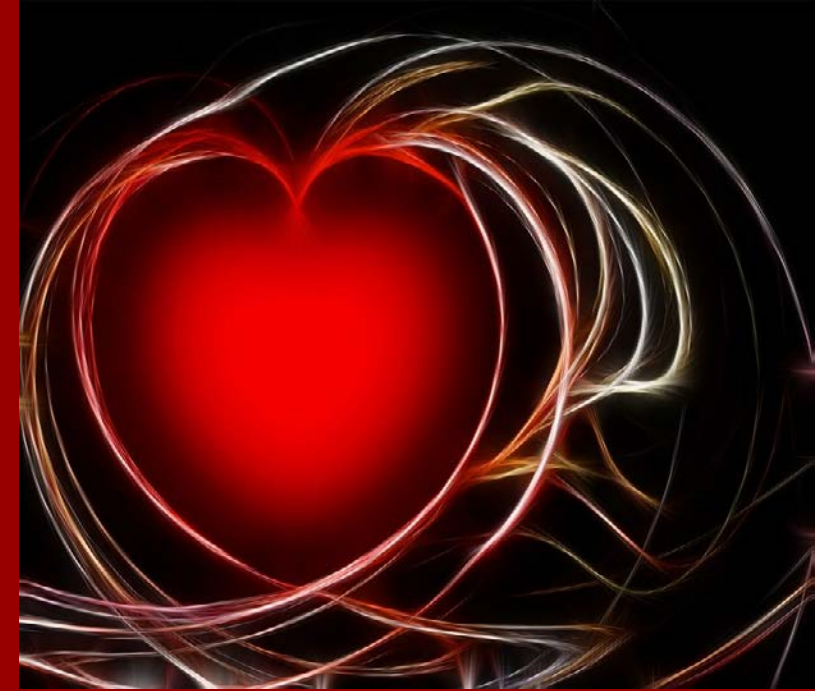
Heart Disease

1 person dies every 34 seconds from heart disease

697,000 people died of heart disease in US in 2020

Cost direct and indirect of heart disease \$219 billion/year

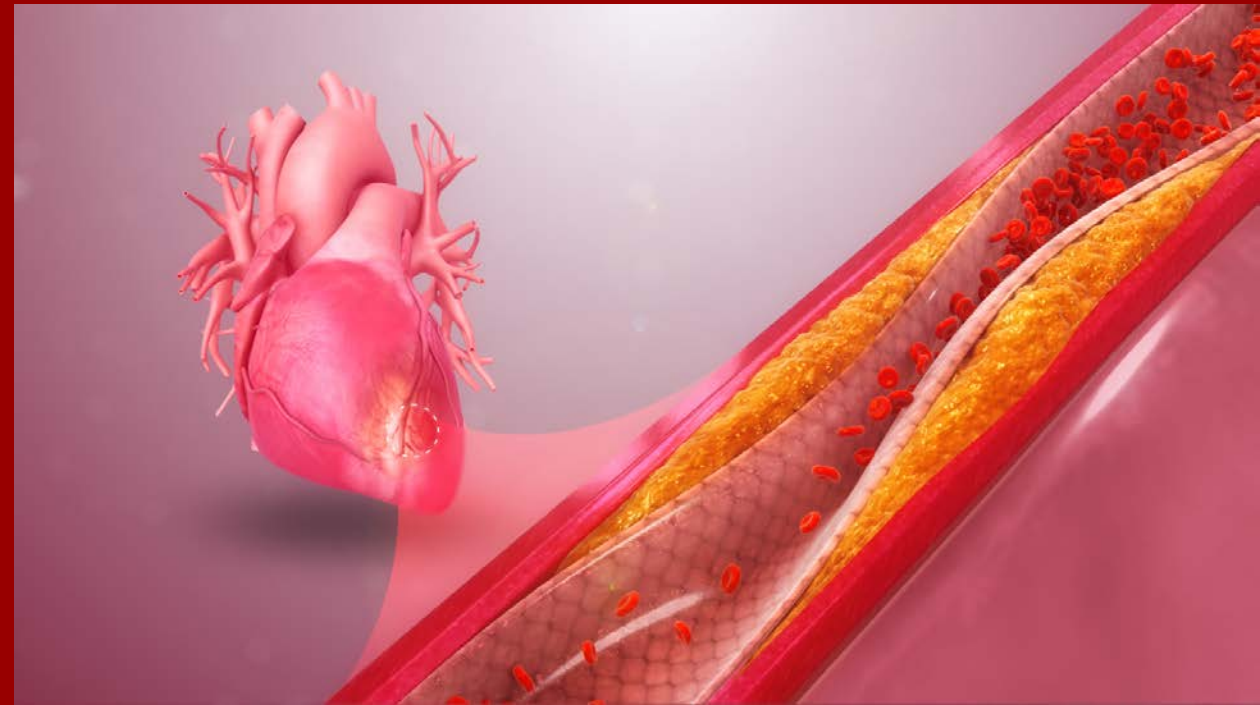
Emotional Cost/Impact



Coronary Artery Disease

The most common type of heart disease

Someone has a heart attack every 40 seconds



Symptom Recognition: Heart Disease

Chest/arm/jaw pain (discomfort, pressure, heaviness)

Radiation of symptoms

Indigestion/heartburn; nausea/vomiting (elderly, women and diabetics often atypical symptoms)

Sweating

Dizziness or Extreme Fatigue

Shortness of breath

CALL 9 1 1



Symptom Recognition: Heart Disease

28 yr old Male present with 5 day hx of CP and neuro

52 yr old HTN Male at lunch breaks out in complete sweat

38 yr old diabetic female presents to ED with “heartburn”

80 yr old female arrives in nightgown by EMS for weakness

CALL 9 1 1



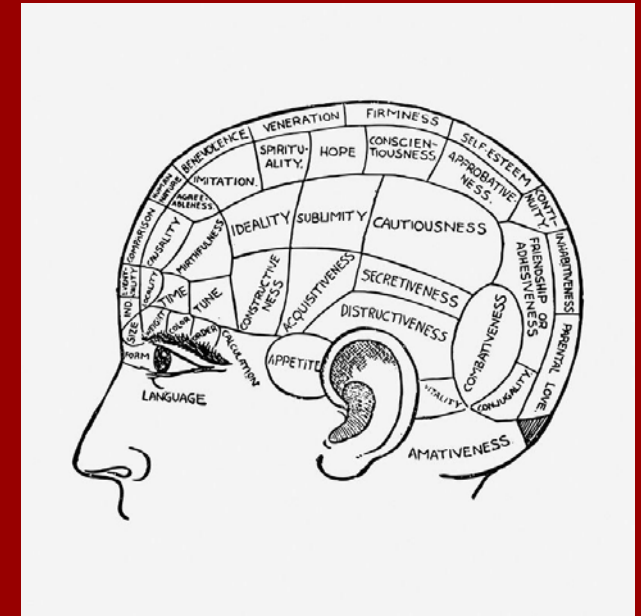
Stroke: Ischemic (88%) - Hemorrhagic (12%)

Every 40 seconds someone in the US has a stroke

Someone dies every 3.5 minutes from a stroke

Stroke related direct and indirect costs \$53 billion/year

Stroke is a leading cause of serious long term disability



Symptom Recognition: Stroke

Numbness or weakness in face, arm or leg, especially on one side of body

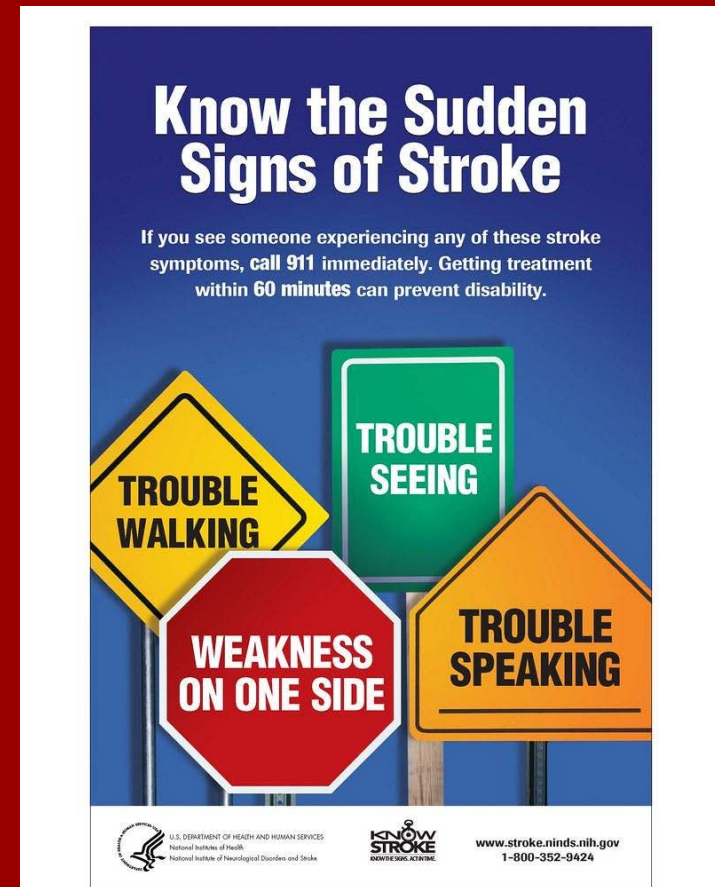
Confusion or trouble speaking or understanding speech

Trouble seeing in one or both eyes

Trouble walking, dizziness, or problems with balance

Severe Headaches

FAST (Face, Arms, Speech, Time) **CALL 9 1 1**



Stroke

38 year old 30 week pregnant female has headache facial numbness and right arm weakness

52 yr old Male with history of Hypertension complains of double vision and difficulty walking

62 year old neighbor is having difficulty with speech mumbled and words not making sense

Increased Risk: Modifiable

Unhealthy Diet

Physical Inactivity

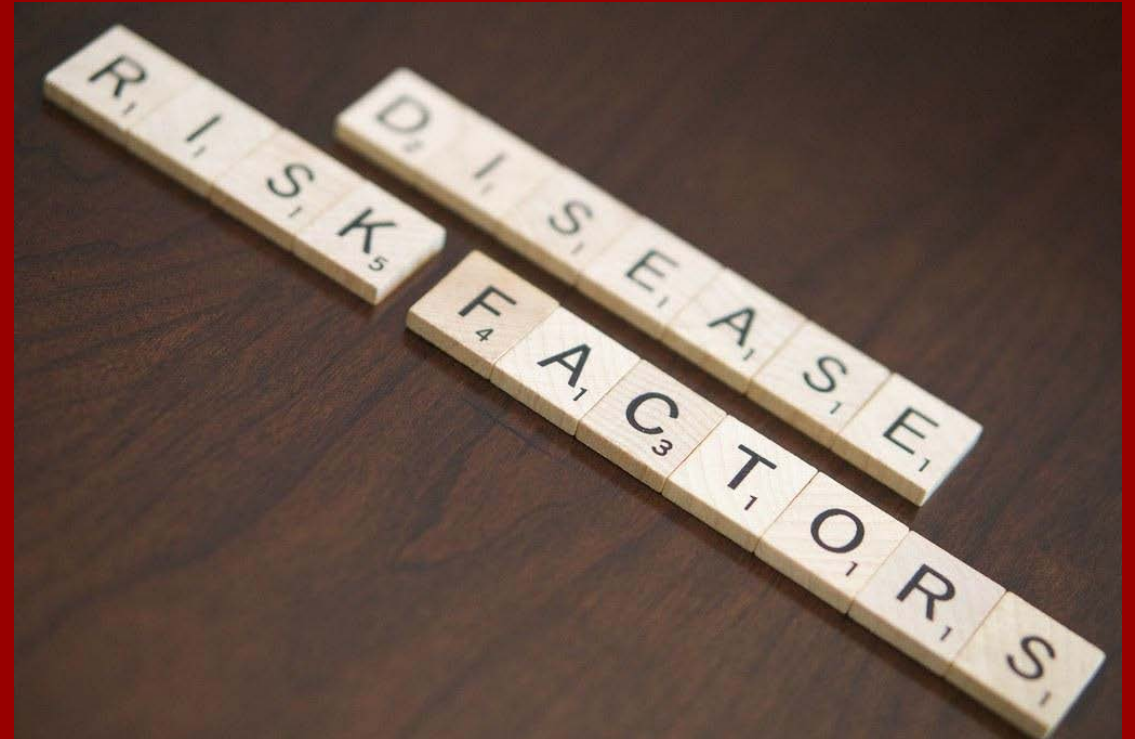
Smoking

Excess Weight

Harmful Alcohol/Drugs

Medical and Medication Non Compliance

Excessive Stress



Excessive Stress = Increased Risk



Negativity/Hostility/Anger —> Increase Risk of Cardiovascular Disease and Stroke

Universal cause of Excessive Stress = COMPLAINING

Heart disease, Headaches, increased BP, increased blood sugars, skin conditions, asthma, digestive disorders, anxiety and depression can be caused and or exacerbated by complaining and negativity

Suppresses immune system and increases mortality in patients with heart disease and stroke

Drugs that can cause heart attack and stroke

Cocaine - stimulant, increase oxygen demand on heart, vasospasm of vessels

Marijuana- can increase Blood pressure and heart rate, can affect clotting

Heroin - can reduce blood pressure, heart rate, breathing rate, restrict blood flow

Opioids Non prescribed or not taken as directed- lower BP, affect heart electrical circuits

Methamphetamines- increase heart attack/stroke 5 x; vasospasm, constriction of blood flow; drastic rise in BP; cause electrical disturbances in heart

Time and Pertinent Information to Ask



Time is Muscle (Brain and Heart)

DO NOT ASSUME “it’s just...” Keep calm, Be reassuring and Ask questions, allow position of comfort

Type of symptoms, radiation of pain, onset of symptoms, anything make it better or worse, previous sx

Ask Past Medical History (hypertension, Diabetes, prior heart event or stroke) Social History - ? smoker

Family History- mother father sibling die or have heart attack/problem or stroke at 55 yr or younger

Medications ? do you take any, are you supposed to be taking any; Allergies to Medications?

Recognize and ACT CALL 9 1 1 even if symptoms are brief or resolve

Personal Health Record

Personal Identification Name DOB address and emergency contact name numbers and Healthcare providers name and numbers

Medical History/ Conditions

Medications and dosage

Allergies

Options: Paper copy in wallet or purse; on cell phone under ICE; EHR with health system (not accessible in out of hospital emergency)

Workplace Preparation for Medical Emergency

Awareness of signs and Symptoms (Posters, Educational Info)

CPR and AED training of employees (on line, virtual, group training at business)- American Heart Association and Heart Foundation CPR, HANDS ONLY CPR, and AED training videos

AED availability (AED grants, AED Recertified business packages \$800-1000, Cardio partners, work with local EMS)

Consideration of an Emergency Tackle Box with glucose tabs, 81 mg aspirin, water and liquid iv powder, information regarding signs and symptoms and questions to ask in case of emergency, possible automatic BP cuff (\$20-60 amazon)

Blunt Chest Trauma

Mechanisms

Forceful Impact

Rapid deceleration

Crush injuries

Falls

Motor vehicle collisions

Pedestrian vs car



Signs and Symptoms

Chest pain or deformity or bruising

Shortness of breath

Elevated heart rate

Change in blood pressure (too low or too high)

Recognize mechanism and symptoms and seek evaluation

Actions in Prevention and Risk Reduction

Blood Pressure, Blood sugar and Cholesterol Control - see provider regularly and be compliant with healthy diet and medications

Nutrition- be aware of what we are eating and drinking, make healthier choices (80/20)

Physical Activity- walk, movement, stretching

Tobacco Avoidance

Optimal Sleep

Excessive Stress Reduction

Follow safety precautions at work, wear seatbelts

Workplace Environment Action Steps

Stay Hydrated

Avoid excessive temperature exposures

Wise lifting and operating - appropriate technique, equipment and personnel (Faster or quicker to “save time” or “just get it done” can be costly to you and your employer)

Encourage employee Annual health check ups

Employee wellness programs

Take breaks, walk, look at nature, healthy snacks

Dealing with Negativity: Choice (powerful/free)

Breathing practice - simple 4 x 4

Gain awareness by slowing down and looking within

Practice Forgiveness and Letting Go and Letting Be

Respond vs React

Meditation, Mindfulness, Journal, Read, Breath, Yoga, Laugh, Connect, Creativity, Music, Get enough sleep, Professional counseling/therapy, HR resources

Focusing on the Good is Good for You

Lifts your mood, Increases Optimism and Resilience

Lowers rate of cardiovascular disease and stroke

Improves immune system

Decreases levels of stress related hormones

Increases release of “feel good” hormones (endorphins)

Improved aging

Health Focus vs Disease focused

Meditation

NIH study identified a 23% reduction in mortality in people who meditate regularly (minutes); can reduce the risk of being hospitalized for Coronary artery disease (CAD) by up to 87%

Reduces stress, anxiety (60%)

Improves blood pressure, sleep and strengthens immune system

Can be an adjunct in management of chronic pain, PTSD, substance abuse, weight control, ADHD

5 Lifestyle Practices that positively impact Health

Gratitude - get outside, appreciate what is, look at nature

Attention training (Awareness- Breath technique) - minutes a day

Movement - walk, take the stairs, stretch

Social Connectedness - take the lunch break as a break, eat healthy and connect with coworkers/teammates, ask questions get to know each other, be curious

Emotional agility - helps us navigate life and all it brings with an open mind, acceptance and clarity

Prioritize the Health and Fitness of Your Mind and Body

Reduce Risk

Recognize Symptoms

Respond

Small Daily practices done consistently will improve your physical, mental, emotional, physical health

Resources

heartfoundation.org

Americanheartassociation.org

cprheart.org

aedgrant.com



Thank You!