

# Safety Alert

Davis Constructors & Engineers Inc.  
Mass Excavation

February 05, 2018  
page 1 of 3

**Good Job**

**No Accidents!**

As usual women are as different as night and day to men.  
When it comes to heart attacks women's signs are no different.

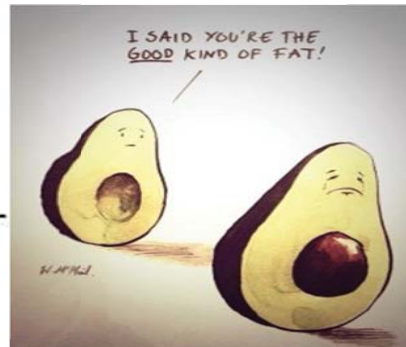


**Tool Box Topic:**  
**HEART HEALTH!**

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"I'M PUTTING YOU ON A 'WHATEVER TASTES GOOD, DON'T EAT IT' DIET."



## Hours an Accident

5-Feb-18

### Accidents/Incidents

| Job                            | 2018 Hours    | W Comp Reportabl | OSHA Report | Lost-Time | Hours an Accident |
|--------------------------------|---------------|------------------|-------------|-----------|-------------------|
| Valdez Housing Off / Warehouse | 1819          | 0                | 0           | 0         | No Accidents!     |
| AK Sports Dome                 | 1019          | 0                | 0           | 0         | No Accidents!     |
| Bethel                         | 6870          | 0                | 0           | 0         | No Accidents!     |
| Turnagain Elem                 | 52            | 0                | 0           | 0         | No Accidents!     |
| Mass X Operations              | 5366          | 0                | 0           | 0         | No Accidents!     |
| Providence                     | 1012          | 0                | 0           | 0         | No Accidents!     |
| Small Jobs                     | 306           | 0                | 0           | 0         | No Accidents!     |
| HDJV UAF CPHR Power            | 20370         | 0                | 0           | 0         | No Accidents!     |
| UAF Engineering Facility       | 1246          | 0                | 0           | 0         | No Accidents!     |
| <b>Total</b>                   | <b>38,060</b> | <b>0</b>         | <b>0</b>    | <b>0</b>  | <b>0</b>          |

**Success is No Accident!**

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**page 2 of 3**

**Heart disease is the leading cause of death for both men and women, but heart disease is preventable and controllable.**

*Every journey begins with one step, whether it's climbing a mountain or preventing heart disease.*

*Take your first step on the road to a healthy heart.*



Heart disease is a major problem.

Every year, about 715,000 Americans have a heart attack. About 600,000 people die from heart disease in the United States each year—that's 1 out of every 4 deaths.

An estimated 38,000 women under age 50 have heart attacks each year in the U.S. But heart trouble can easily be confused with other ailments, like indigestion.

Check out our symptom decoder so you don't miss any warning signs.

## **Heart attack symptoms**

The five major symptoms of a heart attack are

- Pain or discomfort in the jaw, neck, or back.
- Feeling weak, light-headed, or faint.
- Chest pain or discomfort indigestion.
- Pain or discomfort in arms or shoulder.
- Shortness of breath, or feeling like you need a bowel movement.
- If you think that you or someone you know is having a heart attack, call 9–1–1 immediately

## **One Step at a Time**

*As you begin your journey to better heart health, keep these things in mind:*

**Don't become overwhelmed.** Make small changes – Like using spices to season food instead of salt.

**Don't go it alone.** The journey is more fun when you have company. Ask friends and family to join you in your journey. After all you want them around forever to be healthy and happy.

**Don't get discouraged.** You may not be able to take all of the steps at one time. Get a good night's sleep and do what you can tomorrow.

**Reward yourself.** Find fun Healthy things to do to decrease your stress all movement is a plus. Have a healthy dinner with your family or friends.

*Do you know what your Blood Pressure is?*

*Have your cholesterol checked.*

*Manage your diabetes.*

*Are you at a healthy weight?*

*Try this at a quick pass walk up 6 steps 5 times consecutively are you out of breathe?*

*If you did this daily you would be in better shape in no time!*

*Are you a smoker?*

*Limit alcohol use. Avoid drinking too much alcohol, which can increase your blood pressure.*

*Men should stick to no more than two drinks per day, and women to no more than one.*



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page 3 of 3*

## Hard-to-Recognize Heart Attack Symptoms

by **Katie Morell**

Well-known heart attack symptoms can include chest pain and radiating discomfort in the left arm. But, there are several other ways your body may tell you when something is not quite right, potentially with your heart.



### **Shortness of breath:**

According to The Heart and Vascular Institute at Lenox Hill Hospital in New York City, women often struggle to breathe a few weeks before experiencing a heart attack.

**If you are used to doing a certain amount of activity and then, all of a sudden, you can't get enough air, that is when you should be getting concerned**

### **Back pain:**

**Irregular pain in the lower or upper back can indicate stress to the heart muscle.**

### **Jaw pain:**

There were a couple of cases that a patient who would feel her jaw starts to hurt every time she got on a treadmill. But once she stopped, her jaw pain would go away. She went to a dentist, but there wasn't anything wrong with her teeth."

This discomfort continued until the woman experienced a heart attack. When she went to the Doctors office after the event, it was evident that the jaw pain was directly linked to what was happening in her heart.

**Sometimes the heart isn't able to give a good signal and, instead, the pain can radiate to the neck, jaw and back.**

### **Nausea:**

**Flu-like symptoms are often reported weeks and days before a heart attack.**

### **Advice: Trust Your Gut**

**If you aren't feeling normal or are experiencing any of the symptoms above, head to the hospital or dial 911.**

It is better to take care of yourself and prevent damage to your heart, in the event you are having a heart attack.

A women's intuition is a very strong thing; don't ever discount it.

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