

LOGGING/FORESTRY SAFETY SERIES

HEART ATTACK

Photo credit: Cornelis F. de Hoop, PhD

Incident Summary:

On March 14, 2008, Ray was driving a tracked logging shovel to another spot of a work site. He was working unusually slowly because he had felt tired all day. Ray mentioned to other workers that his chest was tight and he could not catch his breath. Later that morning, the crew noticed that the logging shovel had made it onto the spur but had not moved. They went to investigate and found Ray, at the operator's station, slumped over the controls of the machine. He had died, possibly from a heart attack.

Discussion Questions:

1. Whose responsibility is it to monitor an employee's health?
2. Are your co-workers aware of any of your health conditions?
3. Do you carry an information card with your vital information in case of emergency? Do your coworkers know to look for it?
4. Do you know the signs of a heart attack?

Take Home Message:

Be aware of your own health and take action at the first sign of a problem. Loggers and foresters frequently work alone. It is possible that no one will see you or hear your cries for help if you are in trouble.



Common Signs and Symptoms of a Heart Attack:

- Chest pain or discomfort
- Upper body discomfort
- Shortness of breath
- Breaking out in a cold sweat
- Feeling unusually tired for no reason
- Nausea and vomiting
- Light-headedness or sudden dizziness

Information from the National Heart, Lung and Blood Institute: <http://www.nhlbi.nih.gov/health/health-topics/topics/heartattack/signs>



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