

SAFETY FIRST



AMERICAN SOCIETY OF
SAFETY PROFESSIONALS

Wichita Chapter

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SAFETY IS MORE IMPORTANT THAN CONVENIENCE!

Avoid Injury

Watch for and be aware of the Four Mental States that often lead to injury. They are:

- RUSHING;
- FRUSTRATIONP;
- FATIGUE; and;
- COMPLACENCY.

Another thing that can get you in trouble is overconfidence in your training or abilities. Stay diligent. Think before you act. Communicate with those assisting with the assigned task. Make sure you have the proper tools, equipment and PPE. Ask 'what could go wrong?'



Facts about Stroke

- **Someone in the US has a stroke about once every 40 seconds.**
- **Stroke kills someone in the US about every 4 minutes.**
- Stroke accounts for 1 of every 20 deaths in the US.
- When considered separately from other cardiovascular diseases, stroke ranks No. 5 among all cause of death in the US, killing nearly 133,000 people a year.
- From 2004 to 2014, stroke death rate decreased 28.7 %, and the actual number of stroke deaths declined 11.3 %
- Each year, about 795,000 people experience a new or recurrent stroke. Approximately 610,000 of these are first attacks, and 185,000 are recurrent attacks.
- Stroke is a leading cause of serious long-term disability in the US.
- In 2013, worldwide prevalence of stroke was 25.7 million, with 10.3 million people having a first stroke.
- Stroke was the second-leading global cause of death behind heart disease in 2013, accounting for 11.8 percent of total deaths worldwide.

What you can do:

- You can help reduce your risk of stroke by making healthy lifestyle changes.
- Keep your blood pressure in the normal range.
- If you smoke, quit.
- Keep your blood sugar (glucose) in the normal range.
- If you have heart disease, treat it.
- Keep your cholesterol levels in the normal range.
- Stay active, eat healthy and maintain a healthy weight.



