

# **Toolbox Safety Series**



## **Blood Pressure, The Silent Killer**

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### **“BLOOD PRESSURE, THE SILENT KILLER”**

High blood pressure causes more preventable deaths than any other disease. High blood pressure occurs when either the blood vessels become too narrow, causing a strain as the heart pumps harder to get the blood through, or the heart itself overworks, pushing too much blood through with each beat and placing a strain on the vessels. If left unattended, this disease can lead to heart attack, stroke, blindness, kidney failure, and premature death.

Certain factors increase the likelihood of a person contracting high blood pressure. These include heredity, aging, overweight, high salt intake, and high alcohol consumption.

Detection of high blood pressure is often difficult due to a lack of symptoms manifested. Because of this characteristic, blood pressure should be checked once a year at minimum, and more often as a person grows older.

Lifestyle changes and medication can work together to lower blood pressure. Proper diet and a regular, doctor approved exercise program will often be all that is needed to control the problem. If not, medication may be prescribed.

Consistency of treatment is the key to lowering blood pressure and the rewards are a longer and healthier life plus peace of mind for you and your loved ones.

**Any job that you are doing becomes hazardous when you forget that safety is the most important part of any job, regardless of what kind of work you do.**

# Toolbox

## Safety Series



### Blood Pressure, The Silent Killer

Location: \_\_\_\_\_  
Date: \_\_\_\_\_ Time: \_\_\_\_\_  
Number of employees: \_\_\_\_\_ Number attending: \_\_\_\_\_

### **Record of those attending:**

Name: (please print)	Signature:

### **Other safety issues or suggestions made by employees:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Manager's Remarks: \_\_\_\_\_  
\_\_\_\_\_

Manager: \_\_\_\_\_  
(Signature)

Supervisor: \_\_\_\_\_  
(Signature)