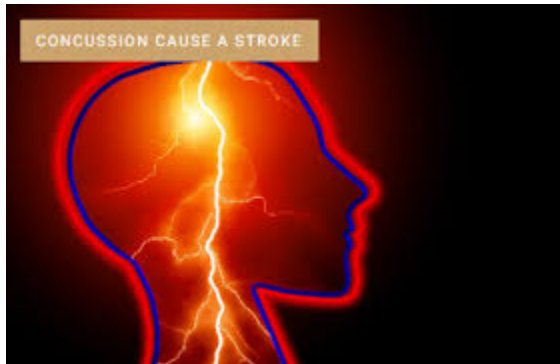


TOOLBOX TALK #10

MEDICAL EMERGENCIES – PART 3 STROKE AND CONCUSSION



Every second counts when responding to emergency medical situations. Recognizing the signs and symptoms – and knowing how to properly respond until help arrives – is vital. Staying calm, being prepared and knowing what to do, including when to call 911, can help save a coworker's life.

Here are some common medical emergencies – and what bystanders should do. (In each situation listed, know that you should be ready to administer CPR at a moment's notice.

Stroke

A stroke occurs when blood flow to the brain is interrupted, either by a blockage or a rupture in a blood vessel. The acronym FAST is an easy way to remember symptoms of a stroke and what to do if you see them.

- **Face drooping:** Is one side of the worker's face drooping or numb? If you ask the person to smile, is their smile uneven?
- **Arm weakness:** Is one arm numb or weak? If you ask the worker to raise one arm, does it eventually drift downward?
- **Speech issues:** Is the person slurring their words or having trouble speaking or understanding you? If you ask them to repeat a simple sentence, can they do it correctly?
- **Time to call 911 if any of these symptoms occur:** Try to remember when the symptoms started and relay that information to the operator.

Concussion

The symptoms of a concussion can range from mild to severe. They include:

- Headache or head pressure
- Feeling stunned or dazed
- Dizziness
- Nausea or vomiting
- Sensitivity to light and noise
- Confusion or memory problems

Monitor the worker closely. Call 911 if symptoms worsen or the person vomits repeatedly, loses consciousness, or shows changes in behavior or speech.