

# HEALTH AND SAFETY MATTERS

Promoting a Positive Health and Safety Environment  
Red Deer Public Schools



## Good Day Team

I cannot believe we are already into the second month of the year, WOW time flies when you are having fun. Happy Valentines day to all you good people out there, hoping the day is great for you. Of course with February being the national month for your heart's desire it is also nation Heart Health Awareness month.



## FEBRUARY

February is Heart Month, a time to bring attention to the importance of cardiovascular health, and what we can do to reduce our risk of cardiovascular disease.

Heart disease affects approximately 2.4 million Canadian adults, and is the second leading cause of death in Canada.

We can all reduce our risk of heart disease by making healthy lifestyle choices, including quitting smoking, eating a healthy and balanced diet, getting enough sleep, exercising regularly, and monitoring blood pressure and cholesterol levels. To help Canadians make some of these lifestyle changes, the Government of Canada is supporting innovative programs and partnerships like Run to Quit, Carrot Rewards, APPLE Schools and Kid Food Nation, in communities across Canada. These initiatives support healthy living and help to prevent chronic diseases in all ages.

### What is the difference between Heart Attack and Cardiac Arrest?

A heart attack and cardiac arrest are both life threatening medical emergencies. Recognizing the symptoms of each and knowing what actions to take can save a life.

If a doctor told you your loved one had just experienced a heart attack rather than a cardiac arrest, would you be relieved or feel more worried? Would you know the difference between those two terms?

Medical definitions can be confusing to everyone, but in this case, there are key differences between these two cardiac events.

A heart attack is caused by problems with the body's circulation system that block blood flow to the heart. Most heart attacks are because of coronary artery disease. Your age, lifestyle habits, such as diet and exercise, and other medical conditions can increase your risk.

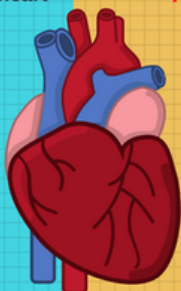
A cardiac arrest is a breakdown of the heart's electrical system. It's typically caused by arrhythmias that interfere with the rhythm and electrical system of the heart. A cardiac arrest occurs when the rhythm of the heart stops.

## CARDIAC ARREST VS. HEART ATTACK

**Cardiac arrest** occurs when the heart malfunctions and stops beating unexpectedly.



A cardiac arrest is an **ELECTRICAL** problem.



**Heart attack** occurs when blood flow to the heart is blocked.



A heart attack is a **CIRCULATION** problem.





## SYMPTOMS OF HEART ATTACK MOST OFTEN REPORTED BY WOMEN

- Chest pain or discomfort (ex. pressure, tightness, or burning)
- Pain in the jaw, neck, arm, or back
- Abnormal excessive sweating
- Shortness of breath
- Stomach pain or discomfort, or feelings of nausea or indigestion

## OTHER ACCOMPANYING OR ASSOCIATED SYMPTOMS

- Unusual weakness or fatigue
- Back, shoulder or right arm pain
- Sleep disturbance
- Dizziness or light-headedness
- Fast or irregular heartbeat

**3+**

Women are more likely to present with **3 or more** symptoms in addition to chest pain.



If you think someone is having a heart attack, **seek immediate medical attention.**

## Chicken Nuggets in Sauce.....Keto Snackz

### Ingredients:

1 can of chicken (the costco canned is best as it is extra large can)

1 egg

1 cup of shredded cheese (to your preference)

Mix all 3 of these ingredients together and shape into nuggets. Air fry @ 400 for 10 - 12 mins. checking frequently

**Sauce** (good with the nuggets but not necessary)

1/2 cup brown sweetener (truvia is an option)

1/2 cup apple cider vinegar

1/3 cup sugar free ketchup

2 tbsp soy sauce or coconut aminos

1 tsp sesame oil

1/4 tsp xanthan gum

- In a sauce pan, combine your oil and xanthan gum. Whisk until combined
- Whisk in remaining ingredients and bring to a boil. Once it thickens (1-2 mins) serve with chicken and enjoy.

Tip: You can also chop rotisserie chicken finely and use that in place of the canned chicken, for that matter any finely chopped cooked chicken should work

This recipe was sent to me by Crystal Crookshanks, she dipped hers in ranch and said they were an awesome supper for her.

### First Aid in the Schools

Thanks to all the participants who have taken first aid this year. Since Sept we have added 111 new first aiders to our School Division. What a great addition to our schools.

## WEATHER RELATED NEWS

Whew we made it through January, typically what is a very cold and stormy month was actually quite balmy some would say. February is looking like it may be a different story (blah). Weather above zero does not excite me as this means slips and fall season. Please remember to wear footwear that can help prevent slips and falls on slippery surfaces. Please wear proper footwear to reduce accidents and injuries.