

# Heart Disease Handout



## **BENEFITS**

Valentine's Day is the perfect time to focus on heart health. For example, about 2.4 million Canadians age 20 years and older live with ischemic heart disease. So educate workers on this condition by giving them a safety talk on heart disease on this holiday.

## **HOW TO USE THE TOOL**

Give this handout to workers to educate them on heart disease, including the various risk factors and steps they can take to reduce their risk of developing this disease.

## **OTHER RESOURCES:**

[Canadian government](#)

[Use a Food and Beverage Policy to Improve Workers' Health](#)

[Stress Prevention at Work Checklist](#)

[Why Your OHS and Wellness Programs Should Work Together](#)

[Worker Profile: Overweight Workers](#)