

BE YOUR BEST SELF!



TIPS FROM WORKCARE'S INDUSTRIAL INJURY PREVENTION SPECIALISTS

RESPONDING TO SIGNS OF STROKE



The ability to recognize stroke signs and symptoms helps prevent death and long-term disability. A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is blocked or the vessel bursts.



– Angela Salstrom, OTR/L, MBA, CEAS
Industrial Injury Prevention Specialist

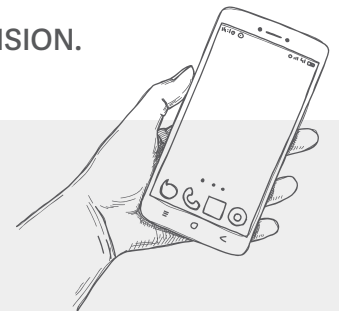


1

WATCH FOR DROOPING FACE, CONFUSION, WEAKNESS, INABILITY TO RAISE ONE ARM, SLURRED SPEECH, HEADACHE, BLURRED VISION.

2

CALL EMERGENCY RESPONDERS FOR A SUSPECTED STROKE; IMMEDIATE INTERVENTION IS ESSENTIAL.



3

SMOKING, DIABETES AND HEART DISEASE INCREASE STROKE RISK; GET EXERCISE, EAT NUTRITIOUS FOODS, DON'T SMOKE.



Our Specialists

WorkCare's Industrial Injury Prevention Specialists have training in sports medicine, ergonomics, musculoskeletal assessment, workplace safety and wellness programs. They work onsite and provide virtual consultations in all types of settings to help protect and promote employee health.

Prevention Saves

Employers using WorkCare's Industrial Athlete Program experience 4-to-1 average cost savings with high employee satisfaction ratings and favorable fitness-for-work results.

WorkCare, Inc., is a U.S.-based occupational health, wellness and absence management company. Be Your Best Self! is our periodic injury prevention tip sheet. To learn more: 800.455.6155 • info@workcare.com • www.workcare.com

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