

**SPECIAL
POINTS OF
INTEREST:**

- Identification
- Recognizing
- STR
- Three Simple Questions
- SOS
- Prevention
- Remember

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Hats ON for Safety

VOLUME 1, ISSUE 8

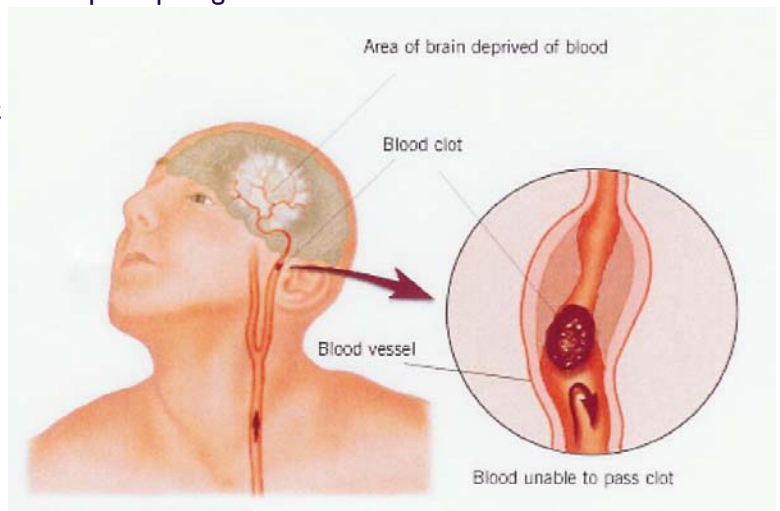
JUNE 2006

STROKE Remember the First 3 Letters

During a BBQ, a friend stumbled and took a little fall—she assured everyone that she was fine (they offered to call paramedics) and just tripped over a brick because of her new shoes. They got her cleaned up and got her a new plate of food – while she appeared a bit shaken up, Ingrid went about enjoying herself the rest of the evening. Ingrid's husband called later telling everyone that his wife had been taken to the hospital

(at 6:00 pm, Ingrid passed away.) She had suffered a stroke at the BBQ. Had they known how to identify the signs of a stroke, perhaps Ingrid would be

with us today. Some don't die. They end up in a helpless, hopeless condition instead. Read and Learn!



S ► Ask the individual to **SMILE**

T ► Ask the person to **TALK**

R ► Ask him to **RAISE BOTH ARMS**

Identification

A neurologist says that if he can get to a stroke victim within three hours he can totally reverse the effects of a stroke...totally. He said the trick was getting a stroke

recognized, diagnosed, and then getting the patient medically cared for within three hours, which is tough.

Recognizing a Stroke

Thank God for the sense to remember the “3” steps. **STR**. Know Stroke! Know the Signs! Act in Time!

SOS: Signs of Stroke

Would you know if a friend, loved one, or even a stranger were having a stroke? The window of time to successfully treat the effects of a stroke and slow or limit brain damage is estimated at only three hours from the first symptom.

Smile—Look for one-sided facial weakness

Raise both arms—Look for them to be raised at the same height.

Speak a simple sentence—Listen for slurring

Stroke is the leading cause of death and serious long-term disability. If we can rely on each other to identify a stroke more quickly, we can help people recover and save lives.

What can I do to Prevent a Stroke?

The best treatment for stroke is prevention.

There are several risk factors that increase your chances of having a stroke:

High Blood Pressure, Heart Disease, Smoking, Diabetes, High Cholesterol.

If you smoke—quit. If you have high blood pressure, heart disease, diabetes or high cholesterol, getting them under control and keeping them under control will greatly reduce your chances of having a stroke.

What are *YOU* worried about? Help us out by letting us know about safety topics that could help keep your workplace safe!

(Cont'd from page 1)

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.



Three Simple Questions

Now doctors say a bystander can recognize a stroke by asking three simple questions.

- **S** Ask the individual to **SMILE**

- **T** Ask the person to **TALK to SPEAK A SIMPLE SENTENCE** (coherently) (i.e.... It is sunny out today)

- **R** Ask him or her to **RAISE BOTH ARMS**

(Note: Another 'sign' of a stroke is this: Ask the person to 'stick' out their tongue...if the tongue is 'crooked', if it goes to one side or the other that is also an indication of a stroke)

If he or she has trouble with ANY ONE of these tasks, call 9-1-1 im-

mediately and describe the symptoms to the dispatcher.



Remember:

After discovering that a group of non-medical volunteers could identify facial weakness, arm weakness and speech problems, researchers urged the general public to learn these three "questions." Widespread use of this test could result in prompt diagnosis and treatment of strokes and prevent brain damage.



Some information in this newsletter was taken from The Friday Flyer, Nov. 2005, Washington State Dept. of Health News Release, May 16, 2005 and <http://www.ninds.nih.gov/disorders/stroke/knowstroke.htm>.