



Toolbox

Spot a Stroke F.A.S.T.

By learning and sharing the F.A.S.T. warning signs, you just might save a life from stroke.

F 0 Face 1rooping 2 1oes one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?

A 0 Arm Weakness 2 Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

S 0 Speech 1ifficulty 2 Is speech slurred?

T 0 Time to call (' ' ')

Beyond F.A.S.T., other symptoms you should know include:

- Sudden numbness or weakness of face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding speech
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness or loss of balance or coordination
- Sudden severe headache with no known cause

If you have any of these symptoms or see someone else having them, call (' ' ') immediately! Fast treatment at the hospital can have better results.

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Every minute that a stroke goes untreated, 1.9 million brain cells die.

Stroke is an emergency. If you see someone having a stroke, call 911 immediately.

- What are the procedures for a medical emergency on the jobsite?