



American Heart Association®

Hard Hats with Heart™



## Toolbox Talks

### Spot a Stroke F.A.S.T.

#### Know the Warning Signs

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

**F = Face Drooping** – Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?

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

**S = Speech Difficulty** – Is speech slurred?

**T = Time to call 911**

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 911 immediately! Fast treatment at the hospital can have better results

**NOTE THE TIME WHEN ANY SYMPTOMS FIRST APPEAR.** Medical options exist that may reduce the long-term effects of stroke if administered soon after the onset of stroke.

#### Frequently Asked Questions:

##### Why is knowing F.A.S.T. stroke warning signs important?

Stroke is the No. 5 cause of death and a leading cause of disability in the U.S. Stroke can happen to anyone — any age, any time — and everyone needs to know the warning signs.

On average, 1.9 million brain cells die every minute that a stroke goes untreated.

Stroke is an EMERGENCY. Call 911 immediately.

#### Discussion Questions:

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