

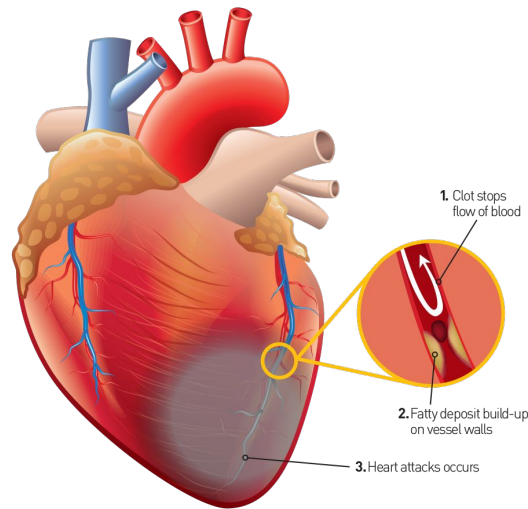
HSE

- Goal: promoting awareness, safety and risk prevention throughout church congregation for better service.
- Health
 - ◆ First Aid
 - ◆ CPR
- Safety
 - ◆ Fire extinguisher
 - ◆ Identification and prevention of potential risks
- Environment
 - ◆ Cleanness (big church & chapel, washrooms, Sunday school classes, new building, hallway)

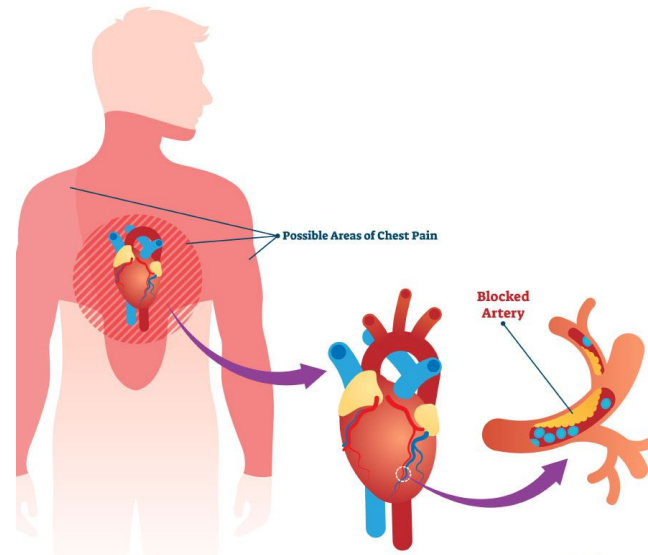
Health

Cardiovascular disease generally refers to conditions that involve narrowed or blocked blood vessels that can lead to:

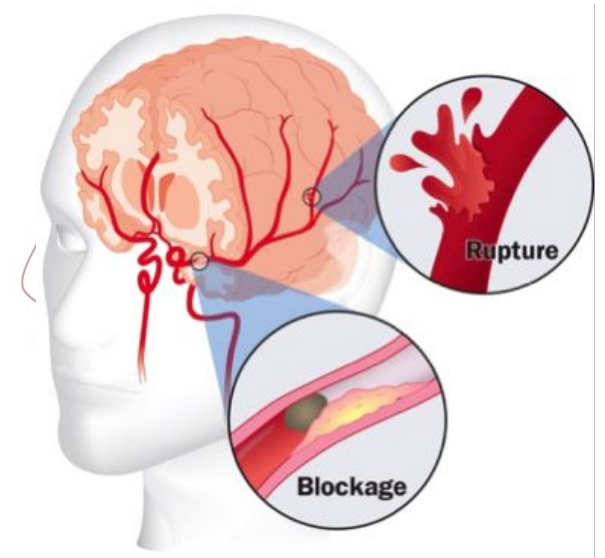
Heart Attack (M.I.)



Angina (chest pain)

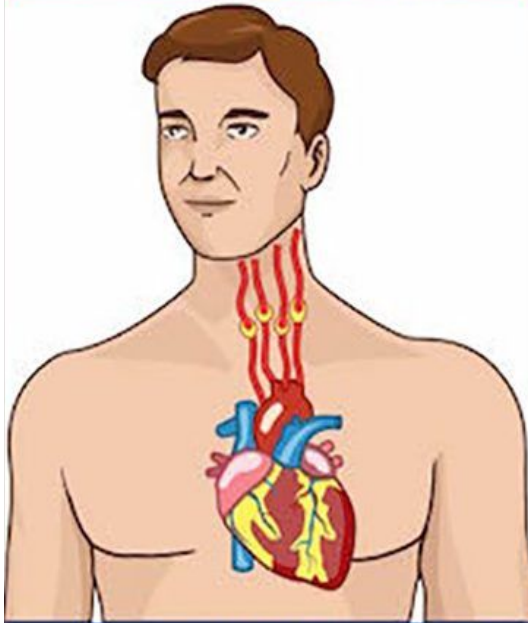


Stroke



The differences

HEART ATTACK

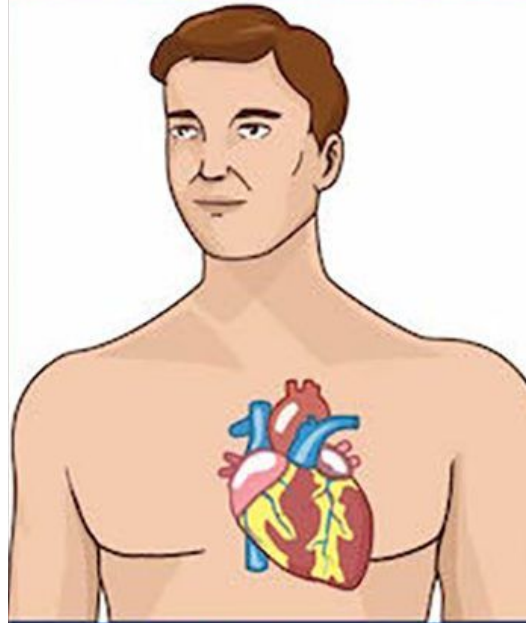


A heart attack is a circulation disorder.

SYMPTOMS

- CHEST PAIN (ANGINA)
- BODY ACHES
- SHORTNESS OF BREATH
- COLD SWEATS

CARDIAC ARREST

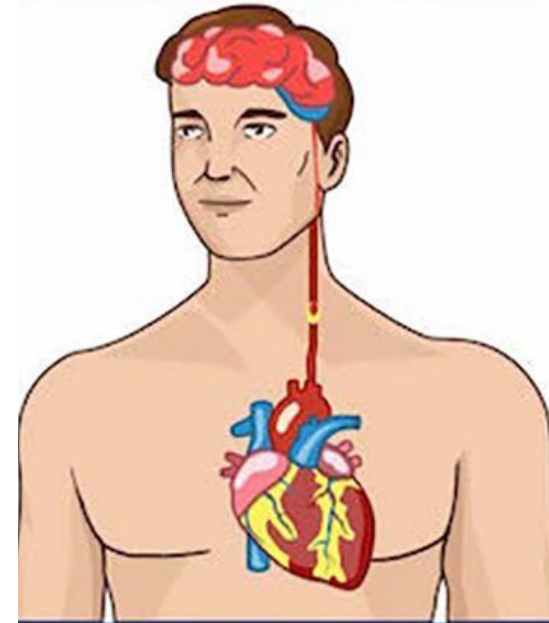


A cardiac arrest is an "electrical" disorder.

SYMPTOMS

- LOSS OF CONSCIOUSNESS
- BLACKOUT
- CHEST PAIN
- EXTREME PALPITATION

STROKE



A stroke is a brain disorder.

SYMPTOMS

- MENTAL CONFUSION
- DISRUPTED SPEECH
- INABILITY TO WALK
- BLURRED VISION

Stroke

F



face
drooping

A



arm
weakness

S

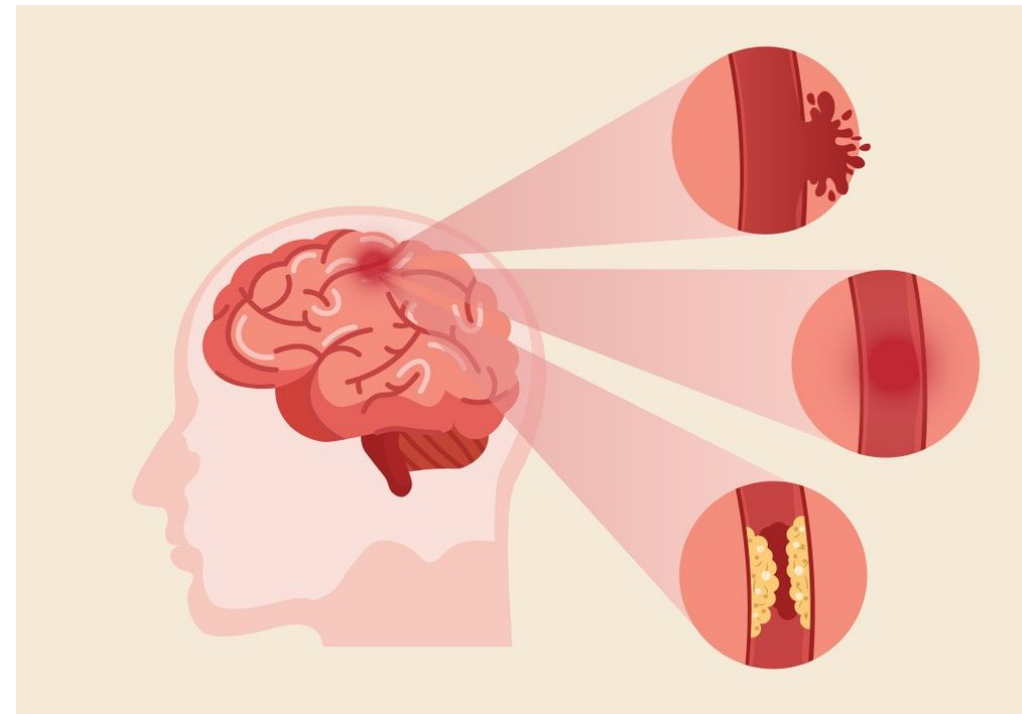


speech
difficulty

T



time to call
emergency



First Aid

What is it?


- Emergency care provided to someone who is ill or injured

Goals?

- 1. Preserve the life of the person
- 2. Prevent the injury/illness from becoming worst
- 3. Promote recovery for the person



Safety

Communication	Your safety	Hazards
 <p>Personal space</p> <p>Listen</p> <p>Body Language</p> <p>Politeness</p> <p>Confidentiality</p>	<p>Transmission of viruses:</p> <ul style="list-style-type: none">-Direct contact-Indirect contact  <p>Personal protective equipment:</p> <ul style="list-style-type: none">-Gloves-Masks	<p>Use your senses</p> <p>People react differently in Emergencies</p> <p>Keep onlookers away</p> <p>Environmental conditions</p> <p>Understand your limitations</p> 

Website

<http://virginmarymtl.org/health-safety-and-environment-hse/>

