



February 2024 Safety

Building Strong Foundations: Heart Health on the Construction Site

This American Health Month let's talk about a different kind of construction – the construction of a healthier heart on the job site.

The demands of our work can be tough, so here are some tips to keeping your heart in the best shape:

- Stay Active On and Off the Site.
 - Construction work itself can be a great workout, but remember to stay active during breaks or on your days off.
- Choose Heart-Healthy Foods
 - Opt for a balanced diet rich in fruits, veggies, lean proteins. Your heart will thank you for the fuel.
- Stay Hydrated.
 - Hydration is key to a healthy heart. Keep water accessible on the site and make sure to drink enough throughout the day.
- Learn CPR.
 - Be prepared for any situation. Knowing CPR can make a lifesaving difference on the job site.