

## Caution! – Arteries Under Pressure

# OHBA Wellness Pages

Blood pressure is the force of blood on the walls of your blood vessels as blood flows through them. This pressure naturally rises and falls during the day, but when it is consistently too high, it is considered high blood pressure. The medical term is hypertension.

Like the pipes in your house, your arteries can fail if they are under too much pressure. More than 360,000 American deaths in 2010 included high blood pressure as a primary or contributing cause. That's 1,000 deaths each day.

Blood pressure has two numbers, systolic and diastolic, and is measured in millimeters of mercury (mmHg). Systolic pressure (the top number) is the force on the blood vessel walls when the heart beats and pumps blood out of the heart. Diastolic pressure (the bottom number) is the force that occurs when the heart relaxes in between beats.

If your blood pressure is less than 120 systolic and less than 80 diastolic, then your blood pressure is normal; between 120 and 139 systolic and 80–89 diastolic, you have prehypertension. Systolic of 140 or greater, or diastolic that is 90 or greater, is hypertension.

### Keep It Down in There!

If you have high blood pressure, there are steps you can take to get it under control, including—

- **Ask your doctor what your blood pressure should be.** Set a goal to lower your pressure with your doctor and then discuss how you can reach your goal. Work with your health care team to make sure you meet that goal.
- **Take your blood pressure medication as directed.** If you are having trouble, ask your doctor what you can do to make it easier. For example, you may want to discuss your medication schedule with your doctor if you are taking multiple drugs at different times of the day. Or you may want to discuss side effects you are feeling, or the cost of your medicine.
- **Quit smoking—and if you don't smoke, don't start.** You can find tips and resources at CDC's Smoking and Tobacco Web site or Be Tobacco Free Web site.
- **Reduce sodium.** Most Americans consume too much sodium, and it raises blood pressure in most people. Learn about tips to reduce your sodium.

There are other healthy habits, that can help keep your blood pressure under control—

- Achieve and maintain a healthy body weight.
- Participate in 30 minutes of moderate physical activity on most days of the week.
- Eat a healthy diet that is high in fruits and vegetables and low in sodium, saturated fats, trans fat, and cholesterol.
- Manage stress.
- Limit the amount of alcohol you drink (no more than one drink each day for women and two for men).
- If you have high blood pressure and are prescribed medication, take it as directed.
- If you have a family member who has high blood pressure, you can help by taking many of the steps listed above with them. Go for walks together or cook meals with lower sodium. Make it a family affair!
- Check your blood pressure regularly.



The information we provide is not intended to include all possible safety measures and controls. In addition, the safety information we provide does not relieve the Members of its own duties and obligations with regard to safety concerns, nor does Oregon Home Builders Association guarantee to the Members or others that the Member's property, job sites and/or operations are safe, healthful, or in compliance with applicable laws, regulations or standards. The Members remain responsible for their own operations, safety practices and

procedures and should consult with legal counsel as they deem appropriate.

WELLNESS PAGE MEETING GUIDE

Topic: High Blood Pressure

Project: \_\_\_\_\_ Address: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Shift: \_\_\_\_\_

Number in crew: \_\_\_\_\_ Number attending: \_\_\_\_\_

Safety or Health issues discussed. Include recent accident investigations and hazards involving tools, equipment, the work environment, work practices and any Safety or Health recommendations:

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Follow up on recommendations from last safety meeting:

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Record of those attending:

Name: (please print)	Signature:	Company:
1.		
2.		
3.		
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Supervisor's remarks: \_\_\_\_\_

Supervisor: \_\_\_\_\_ (Print) \_\_\_\_\_ (Signature)