

Blood Pressure Cuffs Distributed in Division 14

We have had positive feedback that the monitoring of blood pressure is of great interest to the employees of Division 14. Therefore, we would like to ensure that ALL employees are familiar with the 7 locations of Blood Pressure Monitoring Machines. The Roadway to Health Wellness Committee has provided "Wellness Areas" which provide Blood Pressure tracking sheets, information from the American Heart Association, as well as "How to" operate and understand the blood pressure monitor and its measurements. We encourage each and every employee to take part in practicing better health habits and to keep track of your blood pressure and heart rate!

Blood Pressure Monitoring Machines are located in the following offices*:

Cherokee County	Maintenance
Clay County	Maintenance
Haywood County	Maintenance
Henderson County	Maintenance
Jackson County	Traffic Services/Sign Shop
Jackson County	Equipment Department
Division Office	Break Room

*If your county does not have a machine in your area, please be patient with your Safety Department and Wellness Committee as it is in our best interest to see that each county yard is equipped with a Blood Pressure Monitoring Machine.

Do NOT forget the "GIVE ME 5" for stroke... WALK, TALK, REACH, SEE, FEEL

WALK:	Is their balance off?
TALK:	Is their speech slurred or face droopy?
REACH:	Is one side weak or numb?
SEE:	Is their vision all or partly lost?
FEEL:	Is their headache severe?

Please remember to call your doctor with any health concerns. Do not take or share any medication that has NOT been prescribed for you by your doctor. If you do have high measurements when taking your blood pressure, it is important to consult with your doctor. He/she will determine whether medication is necessary.

