



Heart Disease

Keep on ticking.

Heart disease is the No. 1 killer of women and men in the United States. There's a lot you can do to prevent heart disease. Know your family's heart disease history. Eat foods low in cholesterol and fats. Exercise and maintain a healthy weight. Don't smoke. Drink alcohol in moderation. Get regular medical checkups.

Knowing what causes heart disease and modifying your diet and habits could help prevent you from having a heart attack.

And that's smart safety!

For additional information or guidance, contact your safety office.