

Recognize Stroke Symptoms

Act FAST.

Do you know how to identify the symptoms of a stroke? Use FAST to remember the warning signs.

- **F**ace drooping on one side. Ask the person to smile.
- **A**rm weakness. Ask the person to raise both arms. Does one arm drift downward?
- **S**peech difficulty. Ask the person to repeat a simple sentence. Was it repeated correctly or was speech slurred and hard to understand? Or was the person unable to speak at all?
- **T**ime to call 9-1-1 immediately.

Other symptoms that occur suddenly include numbness or weakness of a leg, confusion or trouble understanding, trouble seeing in one or both eyes, trouble walking, dizziness, loss of balance or coordination, and severe headache with no known cause.

If someone shows any of these symptoms — even temporarily — seek immediate medical attention.

And that's smart safety!

For additional information or guidance, contact your safety office.