

Safety Briefing

February 26, 2025








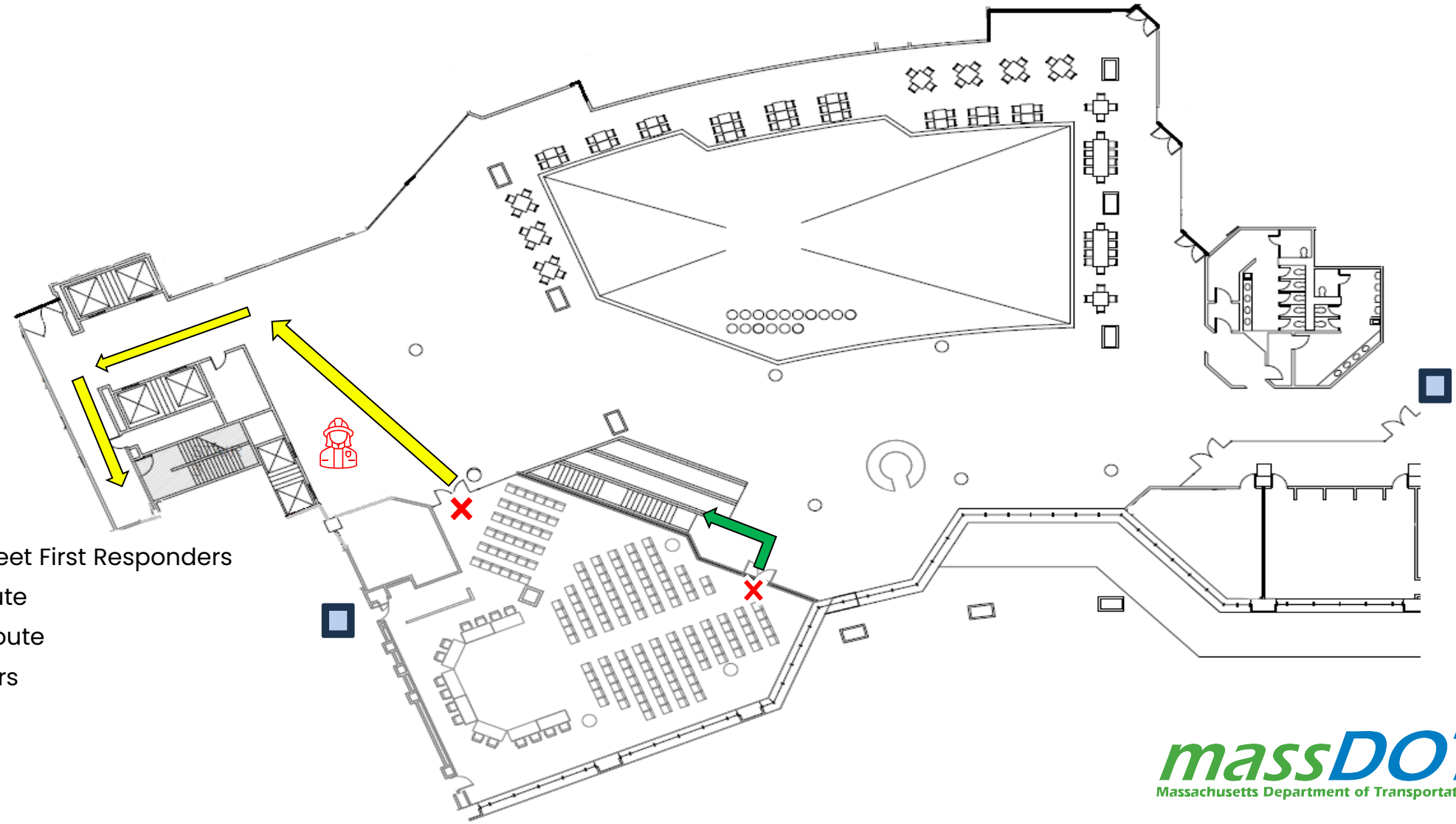
Table of Contents

- 3 Safety Contact
- 4 February is Heart Health Month
- 5 Heart Health for Valentine's Day: Easy Tips
- 6 Narcan Public Access Pilot Program

Safety Contact

Legend

-  Rally Point to Meet First Responders
-  Primary Exit Route
-  Alternate Exit Route
-  Fire Extinguishers
-  AED



February is Heart Health Month

According to the Center for Disease Control (CDC):

- High blood pressure, high cholesterol, and smoking/vaping are key risk factors for heart disease; approximately 47% of the people in the United States carry at least one of these factors
- Approximately 605,000 people will experience their first heart attack this year
- About 20% of heart attacks are 'silent' - the person is not aware of the damage
- Per 2022 data, the State of Massachusetts has the fourth lowest heart disease mortality death rate (age adjusted), behind Minnesota, Hawaii and Colorado



<https://www.cdc.gov/heart-disease/php/toolkit/index.html>

Heart Health for Valentine's Day: Easy Tips

- Avoid tobacco: risk decreases by 50% by end of year
- Drink alcohol in moderation (if at all)
- Be active: 30 minutes of moderate exercise per day
- Maintain a healthy weight
- Eat a nutritious diet
- Know your risk factors: get a physical exam yearly



<https://www.mayoclinichealthsystem.org>

Narcan Public Access Pilot Program

- In 2023, 2,105 deaths were attributed to drug overdoses in Massachusetts
- MassDOT has launched a new initiative to address the opioid crisis by installing naloxone (Narcan) stations at select MassDOT facilities.
- The program will begin with a pilot at three locations:
 - Two Registry of Motor Vehicle (RMV) locations:
Haymarket and Springfield
 - 10 Park Plaza in Boston, ground floor
- The pilot provides training to staff on how to recognize and respond effectively to opioid overdose incidents
- The initiative is aimed at providing life-saving tools and promoting public safety



Thank You

