



KŪOLA...ALIVE & SAFE



1

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MEO's Monthly Safety Contest

Be sure to read the monthly safety newsletter to find out about this month's topic, and to help you in answering the contest questions. The winner will be drawn during the monthly general staff meeting. The first entry drawn with the correct answers will receive \$20.00. Here is your chance to win some money and gain valuable safety tips at the same time.



This month's topic is:
"Heart Safety/Blood Pressure"



CIRCLE THE BEST ANSWER

The aorta, the largest artery in the body, is almost the diameter of a garden hose.

- a) True
- b) False

Lifestyle risk factors affecting heart disease are: [Circle only one (1) answer]

- a) Smoking
- b) High fat, high cholesterol diets.
- c) Lack of exercise.
- d) Inability to manage stress.
- e) Excessive use of alcohol (more than one to two drinks daily).
- f) All of the above

The more risk factors you have, the greater your risk of heart disease.

- a) True
- b) False

High blood pressure increases your chance (or risk) for getting: [Circle only one (1) answer]

- a) Heart Disease
- b) Kidney Disease
- c) A Stroke
- d) All of the above.

It is estimated that one in every four American adults has high blood pressure.

- a) True
- b) False

Print Name _____ Department _____

All entries must be received no later than **Monday, February 26, 2007**. Submit entries to the suggestion box in Administration lobby, suggestion box at Transportation; or mail to Human Resources at P. O. Box 2122, Kahului, HI 96733. Limit one entry per month. All correct entries will be eligible to win the grand prize of \$100.00 at the end of the year!