

# Module: Your Heart Matters



## **Purpose**

To give individuals in the workplace an introduction to the knowledge necessary to identify and reduce their risk of coronary heart disease.

## **Prerequisites**

None

## **Learning Objectives**

- Explain how to identify risk factors for coronary heart disease;
- Explain how to recognize signals of a heart attack; and
- Explain how to develop a wellness plan to reduce your risk of coronary heart disease.

## **Length**

Approximately 1 hour

## **Instructor**

Currently authorized American Red Cross Health and Safety Services instructor or an Injury Control Module leader.

## **Certification Requirement**

Attend and participate in all module activities, discussions and complete the self–assessment.

## **Certificate Issued and Validity Period**

Your Heart Matters – None

## **Participant Products/Materials**

*American Red Cross Workplace Training: Your Heart Matters Booklet (StayWell Stock No. 656614)*