# Wellness – Taking Care of Your Blood Pressure Fatality File

## Ignoring Blood Pressure Leads to Workplace Tragedy

At a construction site in Nova Scotia, a 54-year-old equipment operator had a reputation for being reliable and hardworking. Though coworkers occasionally noticed him taking breaks to sit down and catch his breath, he dismissed their concerns, joking that “everyone feels pressure on the job.” He had not seen a doctor in years, despite having a family history of hypertension.

One morning in 2023, after moving materials across the site for over an hour in cold weather, he collapsed near his machine. Emergency services were called, but despite resuscitation efforts, he was pronounced dead at the scene. The cause: a sudden cardiac event, likely linked to undiagnosed high blood pressure.

His death was one of two “health-related workplace fatalities” reported in Nova Scotia that year. While not caused directly by a workplace hazard, it happened on the job – and serves as a somber reminder that unmanaged medical conditions like hypertension can be just as deadly as physical accidents.

This incident highlights the need for stronger workplace wellness initiatives, including blood pressure screening, education on warning signs, and encouragement for routine medical checkups.

**Source:** Wcb.ns.ca