

**SMOHIT Body Maintenance**  
Toolbox Talks for the Sheet Metal Industry

### Triglyceride Levels

- Triglyceride is the most common type of fat in the body.
  - Many people who have heart disease or diabetes have high triglyceride levels.
  - Normal triglyceride levels vary by age and sex.
  - A high triglyceride level combined with low HDL cholesterol or high LDL cholesterol speeds up the buildup of fatty deposits in artery walls, which can increase the risk for heart attacks and strokes.
  
- Triglyceride Levels:
  - **Less than 150 mg/dL** -- Normal
  - **150–199 mg/dL** -- Borderline high
  - **200–499 mg/dL** -- High
  - **500 mg/dL and above** -- Very high
  
- A triglyceride level of 150 mg/dL or higher is one of the factors for increasing the risk for heart disease and other disorders, including diabetes.
  
- Many people have high triglyceride levels due to being overweight/obese, physical inactivity, cigarette smoking, excess alcohol consumption and/or a diet very high in carbohydrates (60 percent or more of calories).
  
- The main therapy to reduce triglyceride levels is to change your lifestyle.
  - Control your weight
  - Eat a heart-healthy diet
  - Get regular physical activity
  - Avoid tobacco smoke
  - Limit alcohol

Notes:

### Instructor Tips

- **Ask workers if they know what triglycerides are.**  
  
**Note: Use the information under the first bullet to elaborate on their answers.**
  
- **Explain the mean level of triglycerides for American adults age 20 and older is 144.2 mg/dl.**
  
- **Stress the importance of getting triglyceride levels check as part of a yearly physical exam.**

Jobsite: \_\_\_\_\_  
Supervisor: \_\_\_\_\_

Date: \_\_\_\_\_  
G.C. \_\_\_\_\_

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