

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

### Cholesterol Levels

- Total Blood (Serum) Cholesterol Levels
  - **Less than 200 mg/dL** - Desirable level that puts you at lower risk for coronary heart disease.
    - A cholesterol level of 200 mg/dL or higher raises your risk.
  - **200 to 239 mg/dL** - Borderline high.
  - **240 mg/dL and above** - High blood cholesterol.
    - A person with this level has more than twice the risk of coronary heart disease as someone whose cholesterol is below 200 mg/dL.
  
- HDL (Good) Cholesterol Levels
  - **Less than 40 mg/dL (for men) / Less than 50 mg/dL (for women)** - Low HDL cholesterol.
    - Low HDL cholesterol levels put you at higher risk for heart disease.
  - **60 mg/dL and above** - High HDL cholesterol.
    - An HDL of 60 mg/dL and above is considered protective against heart disease.
  
- Smoking, being overweight, and being sedentary can all result in lower HDL cholesterol.
  - To raise your HDL level, avoid tobacco smoke, maintain a healthy weight, and get at least 30-60 minutes of physical activity more days than not.
  
- LDL (Bad) Cholesterol Levels
  - **Less than 100 mg/dL** - Optimal
  - **100 to 129 mg/dL** - Near or above optimal
  - **130 to 159 mg/dL** - Borderline high
  - **160 to 189 mg/dL** - High
  - **190 mg/dL and above** - Very high

Notes:

### Instructor Tips

- **Stress the importance of getting cholesterol levels checked as part of a yearly physical exam.**
  
- **Explain that with HDL cholesterol, higher levels are better.**
  
- **Explain that the mean level of HDL cholesterol for American adults age 20 and older is 54.3 mg/dL.**
  
- **Explain that the mean level of LDL cholesterol for American adults age 20 and older is 115.0 mg/dL.**
  
- **Note: mg/dL stands for milligrams per deciliter.**

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

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

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