

## 1999 Labor Day CheckList

### Tips to Control Asthma in the Workplace

Action Areas	Employers	Employees
<b>WORKPLACE</b> <i>Asthma control plan</i>	Implement a plan to control work exposures that can lead to asthma and to help employees with non-work related asthma.	Familiarize yourself with asthma causing agents in your workplace.  Be aware of early respiratory symptoms.
<i>Exposures</i>	Utilize exhaust ventilation to keep dust and allergens out of breathing zones.  Take action to eliminate allergy substances in the workplace air.	Properly maintain ventilation equipment and report malfunctions.  Avoid allergens causing asthma and seek medical treatment to counteract any reaction.
<i>Guidelines</i>	Establish a medical surveillance program for early identification of asthma cases.  Adhere to established guidelines explaining suspected respiratory irritants or allergens.	Report immediately respiratory symptoms such as shortness of breath, chest tightness, chronic cough or wheezing.
<i>Preventive measures</i>	Implement worker training programs and post warning signs when appropriate.  Decrease exposure levels or physically relocate workers with asthma.	Consult your medical department about asthma symptoms.  Discuss any necessary restrictions with your employer's medical department.
<b>ENVIRONMENT</b> <i>Exposures</i>	Avoid outdoor allergens by planning work indoors when pollen counts are highest.  Periodically inspect heating,	Avoid exposure to known environmental allergens.  Be aware of air pollutant levels and respond appropriately.

	ventilation, and air conditioning (HVAC) systems for mold growths.	Report any HVAC problems. Reduce/avoid irritating materials and furred animals in the workplace/at home.
<i>Smoking</i>	Eliminate smoking in the workplace. Provide smoking cessation programs.	Avoid exposure to second-hand smoke. Stop smoking.
<b>LIFESTYLE</b> <i>Treatment</i>	Help employees with asthma obtain medical care from qualified physicians. Allow employees with asthma to use medication as needed.	Use prescribed medications regularly. See your physician regularly and ask for a written treatment plan.
<i>Fitness</i>	Provide time/facilities for employee exercise; create incentive programs that encourage employee fitness.	Monitor EPA air pollution alerts to avoid exercise when levels are high.