



May 2024 Safety

Asthma and Allergen Awareness

Breathing comfortably on the job site is very important. It is crucial to be aware of the potential triggers on these sites.

- Know Your Triggers
 - Be aware of common asthma triggers such as dust, Mold, Pollen, and Fumes. Understanding what can set off respiratory symptoms is crucial for managing asthma on a construction site.
- Personal Protective Equipment (PPE)
 - Wear appropriate respiratory protection, especially in areas with high dust or allergen levels. Respirators or masks can help filter out harmful particles.
- Regular Cleaning
 - Implement regular cleaning schedules to reduce dust and allergen build up.
- Stay Hydrated
 - Proper hydration helps keep airways moist and can assist in managing asthma symptoms.
- Emergency Response Plan
 - Establish and communicate an emergency response plan for respiratory issues. Ensure that workers know the location of emergency medical supplies and procedures to follow.

A healthy workplace is a productive workplace. Prioritize the health and safety of all team members to create a positive and supportive work environment.