



Lung Protection

Every Breath You Take

Your lungs are vital internal organs that process the air you breathe. Every breath you take draws in a variety of substances from dust and pollen to tobacco smoke and toxic chemicals. Your lungs are constantly working, and it's up to you to keep them working properly.

Something's In the Air

Poor air quality contributes to respiratory disease and other health problems. So be aware of what's in the air ...

AT WORK

You can prevent occupational lung disease through simple safety precautions. Start with your senses.

YOUR EYES. Be aware of unusual eye irritation, especially when you first enter your work area. Fumes or chemicals could be in the air.

YOUR NOSE. A strange odor may be the first sign of dangerous fumes. Keep in mind that some lung irritants, such as carbon monoxide, are odorless.

YOUR SIXTH SENSE. Persistent symptoms of illnesses, such as a constant cough and shortness of breath during working hours, may indicate that something is adversely affecting your lungs.

Safe Steps to Take

- Clean up spills promptly.
- Keep your work area organized and neat.
- Store chemicals in their original containers with lids and hazard warnings in place.
- Always follow safety procedures, such as working with hazardous substances in a well-ventilated area and disposing of chemicals, asbestos and other lung irritants properly.
- Alert a supervisor if you notice anything unusual, such as strange odors, fumes or respiratory symptoms.

AT HOME

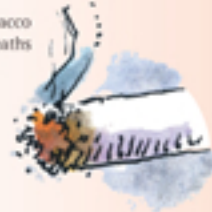
MOISTURE leads to the growth of mold, mildew and fungus, which can trigger asthma and allergies. Make sure the kitchen, bathrooms and basement are cleaned often and have good ventilation or air circulation.

HOUSEHOLD PRODUCTS, such as cleaning products, pesticides, paints, hobby products and solvents, may be sources of potentially harmful chemicals. They can cause dizziness, nausea, allergic reactions, eye, skin and respiratory tract irritation and even cancer. Use these products in well-ventilated areas.

Caution: Read instruction labels carefully before mixing any chemical solutions. When combined, even common household liquids such as ammonia and bleach may release vapors that are toxic to your lungs.

RADON is a naturally occurring gas that enters a home through cracks in the foundation floor, walls and other openings. Too much cumulative indoor radon exposure can lead to lung cancer. A simple at-home test can help determine if you need to take action to lower radon levels; look in the Yellow Pages under Radon Testing.

SECOND-HAND SMOKE from tobacco causes thousands of lung cancer deaths each year in nonsmokers and tens of thousands of respiratory infections in children. Avoid smoke-filled rooms at parties, and ask people not to smoke in your vehicle and inside your home.



Save Your Breath Wear Your Respirator or Face Mask

Occupational lung cancer is attributed to inhalation of carcinogens such as asbestos, oil and petroleum-related carbon compounds. Prevention: a respirator; varieties of which are used by about 1.3 million workers today. There are two types of respirators:

Air-purifying respirators (APRs) remove harmful contaminants from the air. **Warning:** APRs are not to be used in an oxygen-deficient environment.

Air-supplying respirators (ASPs) provide you with air from outside the work area or from a compressed air cylinder. ASPs may include self-contained breathing apparatus or complete air-supplied suits.

Important: Respirator facepieces are made in a variety of sizes to fit a wide range of face shapes. However, beards, whiskers, sideburns, large mustaches and weight gains or losses interfere with a proper fit of a respirator facepiece seal.



The Smoking Connection

Smoking increases the severity of lung and respiratory diseases. Smokers who are exposed to carcinogens such as asbestos and radiation, greatly increase their chances of getting lung cancer.

WHAT ABOUT ASBESTOS?

Asbestos consists of microscopic mineral fibers that, when inhaled, can cause asbestosis (scarring of the lung tissue) and lung cancer.

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| Where can you find asbestos? | ■ Roofing and flooring materials | ■ Cement |
| | ■ Wall and pipe insulation | ■ Heating equipment |
| | ■ Spackling compounds | ■ Acoustic insulation |

A simple disposable mask may be your first line of defense. Respirators and special clothing may occasionally be required.

If you have asbestos in your home, such as in furnace ductwork, flooring or siding, **leave it alone.** Asbestos itself is usually not a serious problem, but disturbing it may create a health hazard where none existed before. If the asbestos material is deteriorating or is damaged, however, consult a professional trained to handle asbestos.

When to See a Doctor

Of the many problems that can result from occupational lung hazards, many are pervasive and serious. If you experience the following symptoms, consult your physician:

- Tightness in the chest
- Difficulty breathing
- Shortness of breath
- Frequent or chronic coughing
- Wheezing
- Increased mucus
- Frequent clearing of the throat

These symptoms could signal asthma, chronic bronchitis or chronic obstructive pulmonary disease.