

Work safely

Important: Check safety data sheets to identify substances that may cause asthma.

Prevention:

- Remove or replace any dangerous substances.
- Keep dust from becoming airborne.
- Install ventilation and vacuum systems at each workstation.
- Isolate a workstation that is at risk.
- Change work methods or duties.
- Inform workers about substances that can cause asthma and about how to prevent it.
- Wear the right mask (breathing apparatus), the right way.



What to do if you think you have some of these symptoms?

Complete the asthma questionnaire you were given.

If you don't have it, you can find it here:
www.santeautravail.qc.ca/documents/13275/14acee30-2dba-4c14-b0a5-3d73263cdb2b.

If you answered "Yes" to three or more questions, be careful! You may have occupational asthma.

For more information on this topic, contact us at:

Nurse's name:
 Telephone:
 Email:

Direction de santé publique de la Montérégie
 CISSS de la Montérégie-Centre
Sources:

- www.cchst.ca/oshanswers/diseases/asthma.html
- www.irsst.qc.ca/media/magazines/V27_01/7-14.pdf
- www.cnesst.gouv.qc.ca/sites/default/files/publications/asthme-professionnel.pdf
- reptox.cnesst.gouv.qc.ca/asthme/Pages/asthme-professionnel.aspx

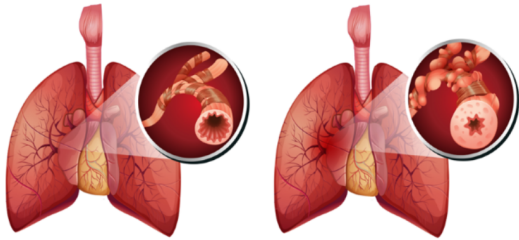


Occupational asthma

Information leaflet for workers exposed to stressors that can cause occupational asthma

What is occupational asthma?

- Asthma is a respiratory disease caused by narrowing of the airways in the lungs (bronchial tubes).



Asthma that is caused by exposure to substances in the workplace is called occupational asthma.

Symptoms that may be related to asthma:

- Coughing
- Wheezing
- Shortness of breath, feeling out of breath
- Chest tightness
- Difficulty breathing

Symptoms that improve on weekends, days off, and during vacation time may suggest that they are work-related.



Occupational asthma is not the same for everyone!

- Workers will not all react the same way when exposed to the same substance.
- Onset of asthma may occur after just one exposure to a large amount of the substance or after repeated exposures to small amounts of the substance.
- Occupational asthma may develop after just a few weeks of exposure or only after several years of exposure.
- Symptoms may occur within the first hour of your shift, a few hours later, only after you go home or even during the night.



What substances can cause occupational asthma?

- Wood dust
- Flour dust
- Spices
- Animal substances (e.g.: saliva, fur, feathers, shellfish)
- Collant fluids
- Latex
- Some detergents
- Isocyanates found in paints or varnish
- Some metals (e.g.: chrome, cobalt, nickel, etc.)

