Is Your ASTHMA Work Related?

Is Your ASTHMA Work Related?

Work-related asthma is more common than you think. Find out if your job could be affecting your asthma, and what you can do to control your asthma at work.

For more information on work-related asthma

Call the New York State Department of Health Bureau of Occupational Health toll-free at:
(866) 807-2130

Or visit us on-line at:
www.health.ny.gov/WorkRelatedAsthma

NYS Occupational Health Clinic Network
www.health.ny.gov/ohcn

How can you tell if you have work-related asthma?

Ask yourself these questions:

1. Does your asthma get worse soon after starting work?
2. Did your asthma get worse soon after moving to a different work area?
3. Did your asthma begin after breathing something irritating at work?

If you answered “yes” to any of these questions, ask your doctor if you may have work-related asthma.

Other on-line resources

The National Institute for Occupational Safety and Health
www.cdc.gov/niosh/topics/asthma/

Occupational Safety and Health Administration
www.osha.gov/SLTC/occupationalasthma/

American Lung Association
www.lung.org

U.S. Environmental Protection Agency, Asthma and Indoor Environments
www.epa.gov/asthma/index.html

American Academy of Allergy Asthma and Immunology Patient Education
www.aaaai.org/conditions-and-treatments/asthma

Follow us on:
health.ny.gov
facebook.com/NYSDOH
twitter.com/HealthNYGov
youtube.com/NYSDOH

Developed by
Department of Health

in conjunction with the
New York State Occupational Health Clinic Network
with funds from NIOSH/CDC grant SU01OH00730803

Endorsed by
American Lung Association

of New York State

CURES | CLEAN AIR | SMOKEFREE KIDS
What is work-related asthma?

Asthma is a disease that makes it hard to breathe.

Some people get asthma from the air at work.

Some people have asthma that gets worse when they are at work.

All of these people have work-related asthma.

Who gets work-related asthma?

Anyone can get work-related asthma including:
- Office workers
- Construction workers, including welders
- Hospital workers
- Janitors and cleaners
- Farmers, bakers and grain handlers
- Beauty salon workers
- Teachers

Talk to your doctor

- Keep a daily record of your asthma attacks. Tell your doctor when your asthma gets better or worse.
- Tell your doctor about your current job and about other jobs you have had.

Try to avoid your workplace triggers

Your doctor and employer can help you avoid your workplace triggers. This can include:
- Wearing a proper face mask
- Moving to a different work area
- Changing the air flow in your work area

Anyone can get Work-related Asthma

If you think you have work-related asthma, you don’t have to leave your job. You can help your asthma by identifying and avoiding your workplace asthma triggers.