

# QUICK REPORT CARD



WORKPLACE

## ASTHMA AND ALLERGY ASSESSMENT

### Is where you work making you sick?

**Answer these questions to see if you are at risk and follow the solutions for a healthier workplace.**

YES

NO

Do you have fewer symptoms like coughing, wheezing, shortness of breath, sneezing, hives, watery/red eyes or skin irritation when you are away from work? You may need to be away a week or more to notice a difference.

Did the symptoms listed above begin:

- when you started a new job?
- after your office was redecorated or renovated?
- after you were involved in an accident/event at work that exposed you to a high level of fumes, dust or other irritants?

Are you exposed to:

- triggers like dust mites, mold, animal dander, pollen, rodents/cockroaches, tobacco smoke, or fragrances?
- common work-related agents such as (but not limited to) animal proteins, formaldehyde, volatile organic compounds (VOCs), enzymes, flour, natural rubber latex, and chemicals like isocyanates, hydrochloric acid or sulfur dioxide?

If you answered "Yes" to any of these questions, you might work where there is poor indoor air quality (IAQ) and/or substances you have become sensitive to. They could be causing a flare-up of new, current or previous allergies, asthma, and/or irritant reactions.

# SOLUTIONS FOR A HEALTHY WORKPLACE



**Consult your worksite health care provider and/or family physician**

**After a complete evaluation, ask your health care professional these questions:**

**YES**

**NO**

Would using a mask or respirator with ongoing physician monitoring help?

Would wearing non-latex gloves or protective clothing help?

Could medicine help?

Would keeping a symptoms diary (including peak flow readings to monitor asthma) help?

Do I need to move to a different location or look for a new job?

**Ask your workplace supervisor these questions:**

Could ventilation or filtration be installed, increased and properly maintained to improve indoor air quality?

Could a humidifier/dehumidifier (humidity should be under 50%) be installed and cleaned regularly according to manufacturer's instructions to improve indoor air quality?

Could I relocate within the workplace or take another job?

Could IAQ policies be developed, updated or enforced?

**Your health care professional and supervisor will help determine your "work ability" (what you can do), your "work disability" (what you can't do) and "accommodation" (what the workplace can do to help).**

**More Information (ask for Spanish resources):**

**Asthma and Allergy Foundation of America –  
1.800.7ASTHMA – [www.aafa.org](http://www.aafa.org)**

Environmental Protection Agency – 1.800.438.4318 – [www.epa.gov/iaq/base/index.html](http://www.epa.gov/iaq/base/index.html)

National Institute for Occupational Safety and Health (Centers for Disease Control and Prevention) – 1.800.CDC.INFO – [www.cdc.gov/niosh](http://www.cdc.gov/niosh)

Occupational Safety and Health Administration (U.S. Department of Labor) –  
1.800.321.6742 – [www.osha.gov](http://www.osha.gov)



Asthma and Allergy  
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