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Foreman: _____

Date: _____
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SMOHIT Safety Sense Toolbox Talks for the Sheet Metal Industry	<h3 style="margin: 0;">Allergies</h3> <ul style="list-style-type: none"> Allergies occur when the immune system misreads and responds to harmless substances, such as pollens, molds, or foods as if they were harmful. It is not known why some people are sensitive to specific substances and others are not. There are various types of allergies, including respiratory allergies, medicinal allergies, food allergies, and environmental allergies. Respiratory allergies include allergies to dust mites, pets, and pollens and molds. To control respiratory allergies, stay as far away from reactants as you possibly can. If possible, leave pets outside, and stay inside and keep windows and doors closed during periods when pollen and mold counts are high. During an allergic reaction to medicine, your immune system mistakes the medication for a harmful substance. The best way to prevent a drug allergy from recurring is to avoid that drug. Usually, another drug is available that won't have the ingredient that causes your allergy. List your drug allergies on all medical forms. A true food allergy involves your body's immune system response to a specific food or component of a food. If you know you have a food allergy, read food labels so you know what you're eating and drinking. Insect bites and stings are the most common types of environmental allergies. The most troublesome bites are from bees, wasps, hornets, yellow jackets, spiders, and fire ants. You might experience both the immediate and the delayed reactions from the same bite or sting. Mild symptoms include an itching or stinging sensation, and mild swelling that disappears within a day or so. A small percentage of people experience highly severe reactions that may lead to respiratory failure. If you know you are allergic to certain things, or may have had a severe reaction, advise your supervisor, and wear a medical alert bracelet to notify others of your allergies. Talk to your doctor about carrying emergency medications. 	<h3 style="margin: 0;">Instructor Tips</h3> <ul style="list-style-type: none"> Ask workers if they suffer from allergies. What types of allergies do they suffer from (food, drug, environmental allergies)? If workers suffer from allergies, what are the consequences of allergies, and what do they do to prevent or control allergic reactions? Workers should carry lists of medicines they are taking, including over-the-counter drugs, as they may have a reaction to a drug when mixed with other medications. 																																																				
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Reference: National Institute for Occupational Safety and Health