

Job site: _____
Foreman: _____

Date: _____
G.C. _____

SMOHIT Safety Sense Toolbox Talks for the Sheet Metal Industry	Asthma		Instructor Tips	
	<ul style="list-style-type: none"> Asthma is a chronic condition that occurs when the main air passages of the lungs become inflamed. Muscles of the bronchial walls tighten and extra mucus is produced, causing airways to narrow. Symptoms of asthma include: <ul style="list-style-type: none"> Moderate or chronic coughing or shortness of breath, usually worsening at night and early morning. Moderate or chronic coughing or shortness of breath after exercise or when exposed to cold, dry air. There are several types of asthma. The first kind is allergic asthma. The allergies that cause the asthma usually appear before the age of 35. An allergic asthma attack occurs when a person comes in contact with an allergic mechanism. An allergic mechanism is any substance that may cause a person to have an allergic reaction. Non-allergic asthma is most common in middle-aged adults. There is no allergic mechanism responsible for this type of asthmatic reaction. These attacks may occur in response to other triggers such as exercise, cold air, or respiratory infections. The onset of asthma for the first time in someone middle aged or older is referred to as adult-onset asthma. In contrast to childhood asthma, it is more commonly persistent and permanent. With exercise-induced asthma, exercise makes asthma symptoms worse. This type of asthma usually starts during exercise and worsens when exercise stops. Occupational asthma is caused by exposure to dust, vapors, gases, or fumes in the workplace. If you have not yet been diagnosed with asthma and have trouble breathing during physical activity (exercise) or when around certain agents, such as dust, vapors, gases, or fumes in the workplace, you should see a doctor immediately to rule out the possibility of asthma. 		<ul style="list-style-type: none"> Emphasize that if workers feel that they are experiencing symptoms of asthma, they should see a doctor as soon as possible. 	
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Reference: National Institute for Occupational Safety and Health