

BREATHE EASY

Protecting Your Lungs

Air pollutants are all around you, both at home and at work, contributing to lung diseases such as respiratory tract infections, asthma and lung cancer.

Chemical vapors and dust not only affect indoor air quality but also your lung health. To help you breathe easier while at work, always wear the appropriate breathing mask or respirator when and where it is required for the tasks at hand. Also, remember when wearing personal protective equipment (PPE), you must always follow the manufacturer's instructions for use.

If you are experiencing wheezing, excessive coughing or shortness of breath while on the job, contact your supervisor and seek professional medical attention, as needed.



CATCH SOME ZZZZZs...

And Feel Better At Work!

The average adult requires seven to eight hours of sleep per day. Getting a good night's sleep restores both your physical and mental health. It also helps your immune system to fight off diseases and to recover more quickly when you do get a cold or flu.

When you don't get enough sleep, your heart rate increases, you lose your ability to concentrate (that means your short-term memory suffers, too) and your physical performance is impaired.

The side effects of not getting enough sleep are more than a nuisance — they can be a job hazard, especially for those working with heavy machinery, power tools or in dangerous work zones. Since you cannot concentrate as well, the risk for accidents is far greater.

Do yourself a favor and turn off the TV an hour earlier or wait on that extra load of laundry. Getting enough sleep is vital for a healthy, safe day at work and at play!

Did You Know?

- The left lung is slightly smaller than the right lung.
- The hairs in your nose help to clean and warm the air you breathe.
- The surface area of the lungs is approximately the same size as a tennis court!