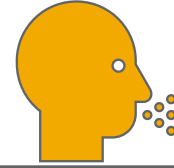


SAFETY MEMO

March 21st, 2022 – Allergies



Did you know?

Background

Allergies are an issue that many people monitor every day, both on and off the job. There are many sources of allergens that can cause an allergic reaction in susceptible people, including anaphylaxis.

In the Workplace

For susceptible workers, several irritants in the workplace can trigger allergic reactions or asthmatic symptoms, with some professions creating greater risk than others. Unlike allergens that exist at home, workplace allergens are more difficult to control because of location, ventilation systems, temperature, humidity, the frequency of cleaning, and the materials that are required for the job.

Identify allergy triggers:

- Chemical Fumes
- Smoke
- Insects
- Dust
- Paint
- Mold and Mildews
- Perfumes

To lessen or eliminate these triggers, ensure that work areas are well-ventilated, with less than 60 percent humidity¹ to minimize molds, and kept clean and dust-free on a regular basis.

It's helpful to use an air purifier to improve indoor air quality. Air cleaners filter particles from the air such as dust, pet dander, pollen, and other pollutants.

Staying Informed

For those affected by seasonal allergies, it's important to stay informed about local allergen conditions, check pollen counts in the area, and plan outside activities accordingly. Typically, pollen

counts are lower on cold, wet days and higher on warm, windy days, usually rising in the morning hours and reaching their peak by midday or early afternoon.

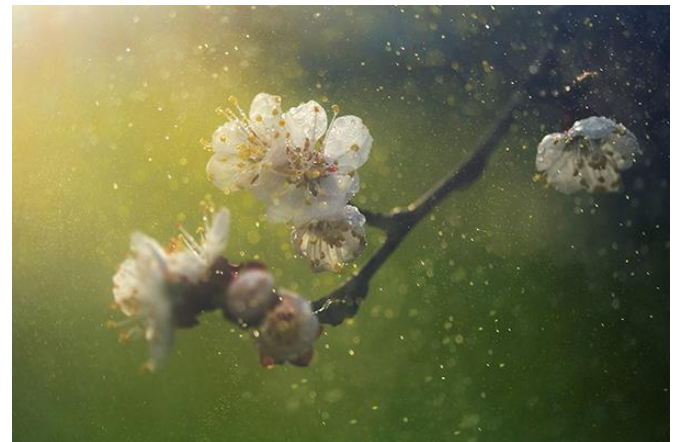
Treatment

For seasonal allergies symptoms:

- Rinse the nose with saline solution
- Take antihistamines
- Take decongestants
- Use a vaporizer or humidifier
- If your nose is red or raw from rubbing, put petroleum jelly on the sore area²

Summary

While many employers will not ask for allergy information due to privacy regulations, it is important to communicate any allergens to someone on the job who is in a management position. Proper and immediate treatment is crucial for someone suffering from a severe allergic reaction. Anaphylaxis requires immediate medical treatment, including an injection of epinephrine and a trip to a hospital emergency room. If it isn't treated properly, anaphylaxis can be fatal.



¹ EPA. (2022). A brief guide to mold, moisture, and your home. Retrieved from <https://www.epa.gov/mold/brief-guide-mold-moisture-and-your-home#tab-6>

² Myhealth.Alberta.ca. (2022). Hay fever and other seasonal allergies. Retrieved from <https://myhealth.alberta.ca/Health/Pages/conditions.aspx?hwid=tv6577>

