

How Can I protect by my self?

- * Use mask to avoid from dust.
- * Use gloves when deal with cement.
- * Use helmet
- * If you are known asthmatic, read Labels before you deal with new Chemicals
- * If you can, use goggles to protect your Eyes.
- * Stop smoking and protect from passive Smoking.
- * Try to minimize to expose to asbestos.



If you have respiratory disease already, such as asthma, COPD continue medication correctly.



Diesesed lung

healthy lung

Your health is your treasure ...

Safe your breathe live free ...!



**LET'S PREVENT FROM
RESPIRATORY DISEASES AT
CONSTRUCTION SITE**



Developed by Health educational material production unit Department of Community and Family Medicine, Faculty of Medicine, University of Jaffna, Sri Lanka. October, 2013

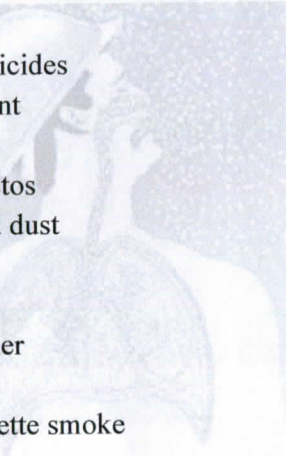
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■ **YOU, as a construction worker**, Every times expose to variant irritant. Some of them can make you sick by inhalation; skin approaching and long term exposing. Respiratory track diseases, skin diseases, allergies are special from this.

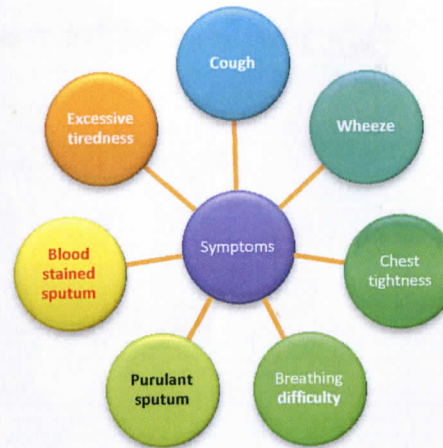
■ What are those harmful agents?

- ✦ Dust
- ✦ Insecticides
- ✦ Cement
- ✦ Latex
- ✦ Asbestos
- ✦ Wood dust
- ✦ Paint
- ✦ Silica
- ✦ Thinner
- ✦ Lead
- ✦ Cigarette smoke



It can be vary to allergic rhinorrhea, occupational asthma, Industrial bronchitis, chronic lung diseases, asbestosis, TB and some Times **lung cancers**.

What are the symptoms I should be alert?????



”If your having symptoms few or more take immediate medical advise from a doctor. Because early detection of disease can give a better outcome”

OCCUPATIONAL ASTHMA

You may meet substances at work which could cause allergies if you breathe them in. It may cause symptoms,

- ✦ runny eyes and nose
- ✦ itchy eyes and nose.

These may be followed by more severe symptoms typical of asthma such as:

- ✦ wheezing
- ✦ tightness of chest
- ✦ breathlessness
- ✦ coughing

LUNG CANCERS

DO YOU KNOW?

Lung cancers are the Top killer among all the cancers. Symptoms may present as,

- ✦ Blood stained sputum
- ✦ Excessive tiredness
- ✦ Persistent Cough
- ✦ Chest pain

Most effective way to protect from this is avoid from smoking and tobacco!



What are the respiratory diseases I can get??