



## Occupational Asthma

Occupational asthma is defined as, “asthma that's caused or worsened by breathing in chemical fumes, gases, dust or other substances on the job.” Depending on your job, you may be at risk for occupational asthma. Read further to learn more about symptoms and treatment options.

### Workers at Risk

- Bakers
- Detergent manufacturers
- Drug manufacturers
- Farmers
- Grain elevator workers
- Laboratory workers
- Metal workers
- Millers
- Plastics workers
- Woodworkers



### Symptoms

- Coughing
- Tight feeling in the chest
- Shortness of Breath
- Wheezing
- Runny nose
- Congestion
- Eye irritation

### Exams and Tests to Confirm Diagnosis

- Blood tests to look for antibodies
- Bronchial provocation test
- Chest x-ray
- Complete blood count



### Treatment

- See a doctor to discuss treatment options necessary for your asthma.
- It may be necessary to change jobs.
- Asthma quick-relief medications can be taken as needed.
- Asthma control medication can be taken daily.

### Resources

- [OSHA on Occupation Asthma](#)
- [Medline Plus on Occupational Asthma](#)
- [Mayo Clinic: Occupational Asthma](#)

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**Don't learn safety by accident**