How Lung Friendly is Your Workplace?

Many potential causes of lung disease are found in the workplace, but they are easy to control with the proper measures, thus creating safer and healthier working conditions for all employees.

Lung Disease is Common and Expensive.

Asthma

- 10 million+ employees miss work because of asthma
- $56 billion lost per year in healthcare costs & productivity
- 11 million workers are exposed to chemicals, irritants or allergens that cause symptoms at work

COPD and Lung Cancer

- 11 million+ adults have COPD
- 200,000+ adults are diagnosed with lung cancer every year
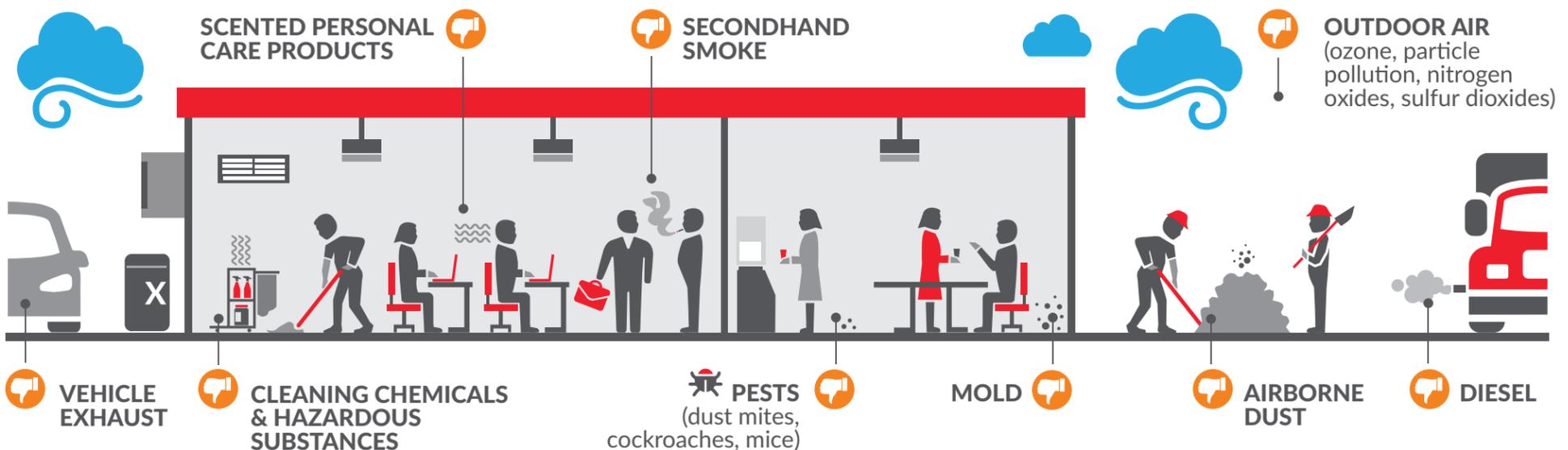- Cigarette smoking costs $332 billion each year in healthcare costs & lost productivity

Flu and Pneumonia

- Each year in the U.S., 226,000 people are hospitalized with the flu
- 200 million days of lost productivity due to the flu
- In 2013, $20 billion was spent on pneumonia and flu healthcare

Does Your Workplace Have These?

Mold | Airborne Dusts | Gases, Fumes, and Vapors | Secondhand Smoke | Cleaning Chemicals
Scented Personal Care Products | Pests (Dust Mites, Cockroaches, Mice)
Unhealthy Outdoor Air | Diesel | Vehicle Exhaust

SCENTED PERSONAL CARE PRODUCTS

SECONDHAND SMOKE

OUTDOOR AIR (ozone, particle pollution, nitrogen oxides, sulfur dioxides)

VEHICLE EXHAUST

CLEANING CHEMICALS & HAZARDOUS SUBSTANCES

PESTS (dust mites, cockroaches, mice)

MOLD

AIRBORNE DUST

DIESEL

Steps to Create a Lung-Friendly Workplace

- Get rid of mold and pests by having regular trash removal and clean break rooms.
- Reinforce the use of any recommended protective gear to protect lung health.
- Establish a tobacco-free workplace policy, and provide a quit smoking program for employees.
- Establish a fragrance-free workplace policy that includes cleaning products, scented lotions, scented candles, air fresheners, aftershave, colognes or perfumes.
- Advocate for comprehensive health benefits that include coverage of asthma care, asthma medicines, smoking cessation and pneumonia and flu shots.

AMERICAN LUNG ASSOCIATION®

For more information and resources, visit Lung.org/corporate-wellness.