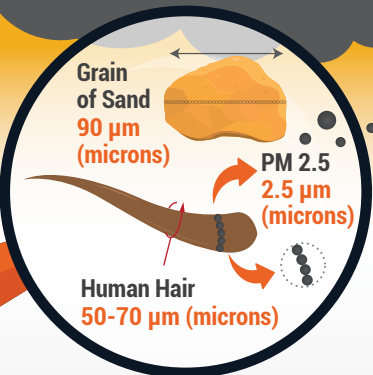


WILDFIRE SMOKE IS DANGEROUS TO YOUR HEALTH!

Wildfire smoke is a mix of gases and tiny particles.



The particles of most concern are called PM 2.5. These are particulate matter measuring 2.5 microns or less, much smaller than a grain of sand. When breathed in, they can get lodged deep in the lungs and enter the bloodstream.

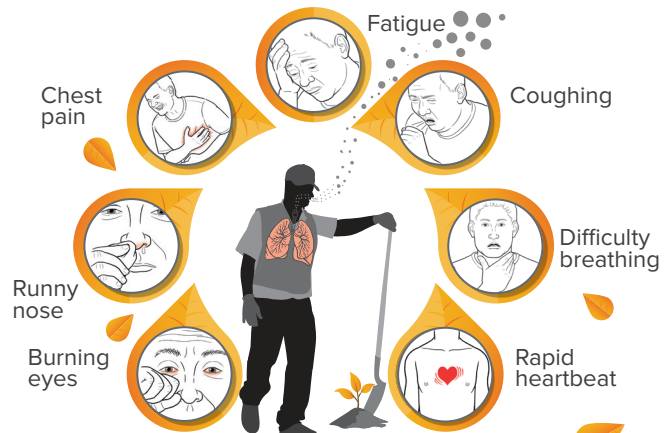
AIR QUALITY INDEX (AQI) PM 2.5

The AQI shows how polluted the air is. It ranges from 0 (clean healthy air) to 500 (hazardous air). If it is under 100, it is considered satisfactory air quality. Check the current AQI in your specific location, for example at www.AirNow.gov.

301-500	Hazardous
201-300	Very Unhealthy
151-200	Unhealthy
101-150	Unhealthy for Sensitive Groups
51-100	Moderate
0-50	Good

WHAT ARE THE HEALTH EFFECTS OF WILDFIRE SMOKE?

Short-term Symptoms



Long-term Symptoms

- Reduced lung function
- Chronic bronchitis
- Worsening of asthma
- Heart failure

Some people are at greater risk, including adults over 65 or those with pre-existing heart or lung conditions.

A RESPIRATOR CAN KEEP YOU SAFE!



Remember!



An N95 respirator can filter out the harmful particles.



If AQI is 151 or above, employers should provide new NIOSH-approved N95 respirators. A respirator with a good fit needs to form a tight seal to the face. Workers should be clean-shaven. Check with your doctor first if you are pregnant or have a pre-existing condition.



When the AQI for PM2.5 is 500 or higher, respirator use is mandatory.

KNOW YOUR RIGHTS!

To protect you, your employer is required to:



Check the AQI throughout the work shift and let you know what it is.



Train workers on the health effects of smoke, how they will protect workers, and emergency plans if workers become ill.



Take additional steps when the AQI for PM 2.5 is 151 or higher, including:

- ✓ Providing NIOSH-approved N95 respirators for voluntary use
- ✓ Lessening the physical intensity of work so workers are less likely to breathe in harmful pollutants
- ✓ Letting workers know how to report that they are not feeling well
- ✓ Relocating the work to areas with cleaner air or filtered air
- ✓ Changing work schedules
- ✓ Providing more rest breaks

*If you have symptoms such as difficulty breathing, dizziness, or nausea, get medical help immediately.

To learn more about the Cal/OSHA wildfire smoke regulation:

SCAN ME

