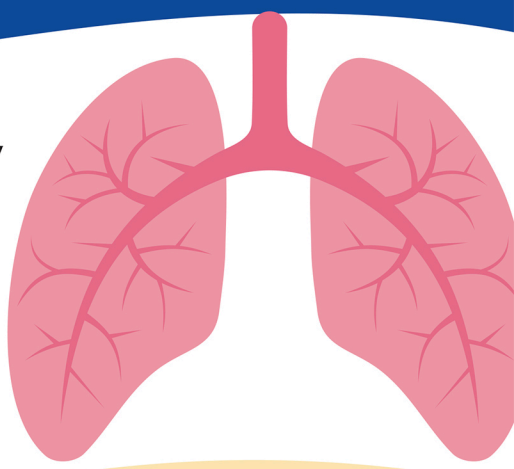


# Lung Health on the Job:

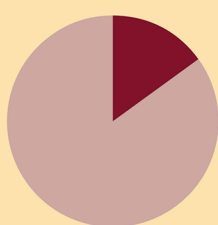
## Know the Risks of Work-Related COPD

Chronic obstructive pulmonary disease, or **COPD**, is a serious lung disease that makes it hard to breathe and gets worse as time goes on.

**The work you do** can affect the **health of your lungs**.



### How can work affect COPD risk?



Almost **15%** of the time, COPD comes from exposure to certain air pollutants at work.

### Exposure to pollutants like these over time can cause COPD:



**Dusts** (coal, silica, asbestos, cotton, wood, grains)



**Fumes** (metal/welding, diesel/engine, asphalt)



**Smoke** and other **chemical gases**

### Some jobs have a higher risk of COPD than others:



Mining



Manufacturing



Housekeeping



Farmwork



Vehicle repair

### How can COPD affect work?



**1 out of 4** people with COPD say they're unable to work.



At least **1 out of 3** say they're limited in what they can do.

### Healthy lungs get the job done.



You can:

- Talk to your employer about ways to limit your exposures.
- Talk to your healthcare provider about how to keep your lungs healthy.
- Learn more about COPD and take action for your health.