

 <b>BOISE STATE UNIVERSITY</b> ENVIRONMENTAL HEALTH, SAFETY AND SUSTAINABILITY	GUIDANCE DOCUMENT	
	<b>OUTDOOR AIR QUALITY – PARTICLE POLLUTION</b>	
College/Dept: All	Division: Campus Operations	
	Revision: August 2015	

Approval			
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**Overview**

This Guidance Document summarizes safety recommendations for outdoor workers, athletes, preschool students, and participants in campus sponsored outdoor recreational programs during times of high atmospheric particulate concentrations. Outdoor air quality is based on an index for reporting daily air quality developed by the EPA. It tells you how clean or polluted your outdoor air is and what associated health effects might be a concern for you. The AQI focuses on health effects you may experience within a few hours or days after breathing polluted air. The Environmental Protection Agency (EPA) calculates the AQI for five major air pollutants regulated by the Clean Air Act. For each of these pollutants, EPA has established national air quality standards to protect public health.

The recommendations set forth in this document are to be followed by all Boise State University personnel, and those contracted to work for Boise State University. Working, training, practicing and engaging in strenuous activity during times of high particulate levels can lead to adverse respiratory conditions. When levels reach the “Unhealthy” category posted by the Department of Environmental Quality, Boise State will send a campus alert to notify faculty, staff and students of the situation. Action may need to be taken by each group outlined below dependent on the conditions noted.

**Signs and Symptoms Acute Respiratory Distress**

Feeling like you can't get enough air into your lungs	<b>For individuals experiencing these symptoms keep them calm, if possible assist them to University Health Services for treatment or in emergency situations call 9-1-1 and wait with them for emergency response</b>
Rapid breathing	
Constant coughing	
Confusion	
Extreme Tiredness	

**For your local air quality forecast, visit [www.airnow.gov](http://www.airnow.gov)**  
**There's an app for that!**  
**(iPhone and Android)**



OUTDOOR AIR QUALITY

**Air Quality Guide**

Use the chart below to help reduce your exposure and protect your health. For your local air quality forecast, visit [www.airnow.gov](http://www.airnow.gov)

Air Quality Index	Who Needs to be Concerned?	What Should I Do?
Good 0-50	No one. Air quality is good for everyone.	It's a great day to be active outside!
Moderate 51-100	Some people may be <b>unusually sensitive to particle pollution</b> and may need to take precautions.	<p><b>Unusually sensitive people:</b> Consider reducing prolonged or heavy exertion. Watch for symptoms such as coughing or shortness of breath. These are signs to take it a little easier.</p> <p><b>Everyone else:</b> It's a good day to be active outside!</p>
Unhealthy for Sensitive Groups 101-150	Sensitive groups include <b>people with heart or lung disease, older adults, children and teenagers.</b>	<p><b>Sensitive groups:</b> Reduce prolonged or heavy exertion. It's OK to be active outside, but take more breaks and do less intense activities. Watch for symptoms such as coughing or shortness of breath.</p> <p><b>People with asthma</b> should follow their asthma action plans and keep quick relief medicine handy.</p> <p><b>If you have heart disease:</b> Symptoms such as palpitations, shortness of breath, or unusual fatigue may indicate a serious problem. If you have any of these, contact your health care provider.</p>
Unhealthy 151 to 200	Everyone can be affected.	<p><b>Sensitive groups:</b> Avoid prolonged or heavy exertion. Consider moving activities indoors or rescheduling.</p> <p><b>Everyone else:</b> Reduce prolonged or heavy exertion. Take more breaks during all outdoor activities.</p>
Very Unhealthy Alert 201-300	Everyone	<p><b>Sensitive groups:</b> Avoid all physical activity outdoors. Move activities indoors or reschedule to a time when air quality is better.</p> <p><b>Everyone else:</b> Avoid prolonged or heavy exertion. Consider moving activities indoors or rescheduling to a time when air quality is better.</p>
Hazardous 301-500	Everyone	<p><b>Everyone:</b> Avoid all physical activity outdoors.</p> <p><b>Sensitive groups:</b> Remain indoors and keep activity levels low. Follow tips for keeping particle levels low indoors.</p>

## Recommendations for when conditions are over 100.

- **Individuals with special needs** should be cautious at all levels outside of the normal range
- **Athletics Department** - During events of low range Red (Unhealthy), promote caution and use personal judgment. Discuss whether events should be cancelled or reassigned
- **Boise State sponsored, Field Trips, Outdoor Classes, Children Center and Children camps** - take responsibility with a heightened awareness of conditions. When the AQI is in the Unhealthy zone, move activity to indoors
- **Campus Recreation and Intramurals** - During events of low range Red, promote caution and use personal judgment. Discuss whether events should be cancelled or reassigned
- **Campus Operations Department Activities** will be: Limited to those which do not require prolonged or strenuous physical activities
  - Limit or discontinue if the activities contribute to air pollution (these include the use of gas-powered vehicles, internal combustion engines for landscaping, painting, solvents and sprays)
  - All employees shall limit physical activities except for those necessary in response to an emergency situation.

## Responsibility

**Supervisors, professors, coaches, hosts, etc.** Coordinate closely with the applicable University resources identified below to address student, employee and visitor concerns during periods of air quality impairment.

### Emergency Management

- Post air quality hazard information on the Boise State Alert website with links to other resources as appropriate for worsening air quality conditions
- Send BroncoAlert if conditions are at the Purple and/or Maroon levels
- Informs the University Community about outdoor air quality concerns student, faculty, and staff by email via approval by the Emergency Policy Group

### Environmental Health, Safety and Sustainability

- Notify Emergency Manager if the air quality index reaches Red (Unhealthy) for the Boise area.
- Monitor the air quality across the region.

### Human Resource Services

- Assists employees and departments to address personnel related matters (schedule modifications, alternate work locations, reasonable accommodations, modified duties) during periods of air quality concern.

### Student Affairs

- Assists students with disability/chronic medical conditions to address issues during periods of air quality concern.

### University Health Services

- Assist with the decision making on the cancellation/postponement of scheduled University events.

**Individuals**

- Use forecasts to plan outdoor activity. When the forecast is unhealthy, take simple steps to reduce your exposure.
  - Choose a less strenuous activity
  - Shorten your outdoor activities
  - Reschedule activities
  - Spend less time near busy roads

**Summary**

The safety of our Boise State community is of utmost importance. These guidelines are provided so personnel can take precautions and amend activities as necessary to maintain safety. Please work closely with those around you and remain alert for anyone experiencing serious symptoms. If you experience symptoms, please visit University Health Services or other primary care physicians. ***In case of immediate emergency for those in acute distress, call 9-1-1.***