Wildfire smoke is a complex mixture of particles and gasses. Gases released by wildfires, such as carbon monoxide, are mainly a risk to people (like firefighters) who work near smoldering areas. Fine particles, which are in smoke, can irritate your eyes and your respiratory system, and worsen chronic heart and lung diseases. The amount and length of smoke exposure, as well as a person’s age and overall health, play a role in determining if you will experience smoke-related health problems.

Who is most likely to have health effects from wildfire smoke exposure?
Wildfire smoke affects people differently. Smoke may worsen symptoms for people who have pre-existing health conditions and those who are particularly sensitive to air pollution.

- People with existing respiratory conditions such as lung cancer, asthma or chronic obstructive pulmonary disease (COPD), including chronic bronchitis and emphysema;
- People with existing heart conditions including angina, previous heart attack, congestive heart failure or irregular heartbeat;

Potential symptoms of smoke exposure include:
- Watery or dry eyes;
- Persistent cough, phlegm, wheeze, scratchy throat or irritated sinuses;
- Headaches;
- Shortness of breath, asthma attack or lung irritation;
- Irregular heartbeat, chest pain or fatigue.

What should I do if I suspect a smoke related health issue?
Sensitive groups should take specific precautions during conditions of moderate and high smoke:

- People with heart or lung conditions should watch for any change in symptoms and respond appropriately.
- If any symptoms are noted, take steps to reduce exposure to smoke by moving to cleaner air and, if necessary, seek medical attention.
- Maintain good overall health to prevent health effects resulting from short-term exposure.

Building Coordinator 101
Location: Boise State University, Pioneer Hall 102
Date: August 9, 2017 - 10AM

Campus Ops Monthly Safety Training
Location: Boise State University
Date: TBD

Safety Stand Down 2017

SAFETY BRAIN TEASER
What’s wrong with this picture?

Last month’s teaser: Wrong ladder type, set up improperly and unsecured, missing PPE (hard hat, hearing protection, chaps,...), carrying tools up the ladder rather than using a rope, signage is not deployed, no vehicle or pedestrian traffic control, clutter, slip/trip hazards present.