

# World COPD Day

Wednesday 16th November

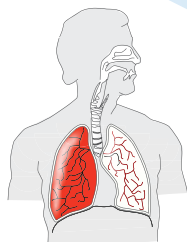
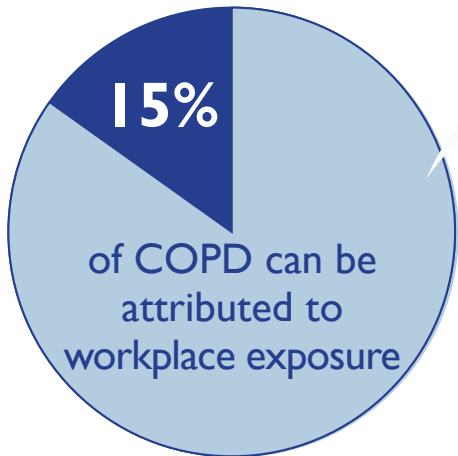


## Be Aware & Act Now

Chronic obstructive pulmonary disease (COPD) is an umbrella term that includes emphysema, chronic bronchitis, and sometimes asthma



COPD causes over **25,000** deaths each year



Likely over **1,000,000** individuals currently have the disease in GB

**4,300** annual workplace deaths relate to COPD and other respiratory diseases

It is estimated that almost two-thirds of people with COPD remain undiagnosed  
Early detection could prevent the progression of this long latency disease



Workplace exposures likely to contribute to COPD include various dusts (including silica) as well as certain fumes and chemicals

Common symptoms include: increasing breathlessness; persistent chesty cough; frequent chest infection; persistent wheezing

## Employer Solutions



Conduct risk assessments and act upon them



Buy dust-reduced materials



Use water for wet techniques including cutting, grinding and blasting



Ban the broom



Segregate dusty machinery or automate processes



Provide exhaust enabled power tools to reduce dust



Provide respiratory protective equipment when required and ensure that competent fit testing is carried out

## Employee Solutions



Report concerns to your employer



Vacuum clean – don't use brushes or compressed air



Handle materials effectively avoid dropping and creating draughts



Control all waste, removing frequently



Insist your RPE face fitter has the Fit2Fit Accreditation



### Useful Links:

<http://fit2fit.org/>  
[www.bsif.co.uk](http://www.bsif.co.uk)

<http://www.hse.gov.uk/statistics/causdis/copd/index.htm>

### Sources

<http://www.nhs.uk/Conditions/Chronic-obstructive-pulmonary-disease/Pages/Symptoms.aspx>

<http://www.hse.gov.uk/statistics/causdis/copd/index.htm>

[https://www.icgp.ie/assets/23/23ADD3BI-19B9-E185-833009586721870E\\_document/p.55-57COPD.pdf](https://www.icgp.ie/assets/23/23ADD3BI-19B9-E185-833009586721870E_document/p.55-57COPD.pdf)

<http://www.hse.gov.uk/copd/toptips.htm>

<http://www.hse.gov.uk/statistics/overall/hssh1516.pdf?pdf=hssh1516>