



Occupational Health Service

Respiratory Sensitisers - Health Surveillance information sheet.

Certain work processes at the University may involve working with substances that are identified as respiratory sensitisers under the COSHH Regulations (2005) and can lead to an allergic sensitisation resulting in occupational asthma. Through risk assessment, the department will adopt control measures to reduce exposure and minimise the risk of developing an allergy. The risk assessment will identify if health surveillance is required to then ensure these controls are effective so that any risk to health is identified at an early stage. The development of symptoms of asthma occurs at lower levels than those which will cause sensitisation. Therefore, it is important that symptoms are recognised and reported as soon as possible to prevent asthma developing.

Recognising Symptoms

- **Lungs:** wheezing, coughing, chest tightness or shortness of breath
- **Nose:** bouts of sneezing, running nose and itching (rhinitis)
- **Eyes:** itchy, watering and red (conjunctivitis)

Those who already have asthma or who have a history of allergic reactions like hay fever may need increased health surveillance or other control measures introduced to ensure symptoms of pre-existing asthma are not aggravated.

Arrangements to Protect Your Health

Full consultation will be made with staff who are involved in health surveillance programmes and the Occupational Health Service can work with departments to ensure accurate and appropriate information is given.

A health surveillance programme will be developed to protect health from the above risk and will be coordinated by the department and the Occupational Health Service. The Occupational Health Service is situated on Level 2, Livingstone Tower. Respiratory health surveillance consists of a series of health questionnaires and pulmonary function tests (PFT). The frequency and level of the respiratory health surveillance programme will be developed according to the level of risk involved and may involve both health questionnaires and pulmonary function testing. Further explanation of precise procedures will be given at the baseline appointment. Any concerns or questions about your health and the health surveillance programme can be discussed with Occupational Health staff.

Confidentiality

All medical information is treated confidentially and is retained by Occupational Health.

If you have any concerns about your health at work at any time please advise your departmental supervisor, Occupational Health and if necessary contact your GP.