![American Lung Association]

Work-Related Lung Disease Worksheet

From agriculture to mining to manufacturing, certain industries expose workers to lung hazards like dust, fumes, chemicals, and vapors. These exposures may put workers at risk of developing a lung disease like COPD or worsen a pre-existing lung condition.

Use these questions to help start a conversation with your healthcare provider.

1. **I have these lung-related symptoms:**
   - ☐ I have shortness of breath or trouble breathing
   - ☐ I have a cough that has lasted at least eight weeks
   - ☐ I cough up mucus or phlegm
   - ☐ I wheeze or have chest tightness
   - ☐ I feel tired or fatigued
   - ☐ I get repeated colds or lung infections
   - ☐ _____
   - ☐ _____

2. **I am exposed to these lung irritants at work.**
   - ☐ secondhand smoke
   - ☐ mineral dusts like silica, coal, asbestos
   - ☐ organic dusts like cotton, wood, grains
   - ☐ metal or welding fumes like cadmium
   - ☐ diesel or exhaust fumes
   - ☐ asphalt, tar fumes, or vapor in roads or roofing
   - ☐ jobs, risk factors & exposure concerns
   _____
   _____

3. **Additional details about my workplace exposures:**
   - ☐ My symptoms get better when I am not working.
   - ☐ My symptoms started _____
   - ☐ I have been around the workplace exposure _____
   - ☐ Personal protective equipment I use _____
   - ☐ Notes for my healthcare provider about workplace exposures
   _____
   _____

4. **Tests my provider may order to check how well my lungs work.**

☐ lung function tests, like spirometry

☐ chest x-ray

☐ CT scan

☐ oximetry or arterial blood gas test (checks how well your body moves oxygen in the blood)

☐ exercise tests

Dates the Tests and Procedures were Done

lung function tests, like spirometry _____

chest x-ray _____

CT scan _____

oximetry or arterial blood gas test _____

exercise tests _____

5. **Depending on your test results, your healthcare provider may diagnose you with a lung disease.**

If your healthcare provider thinks your lung disease was caused by your workplace exposures, you may be referred to an occupational medicine doctor or pulmonologist (Lung doctor).

Results and Recommendations From My Provider

_____

_____

_____

_____

_____

_____

_____

Learn more about the risks and ways to keep your lungs safe at Lung.org/workplace-COPD.