

HEALTH ADVISORY FOR WORKPLACES DURING HAZE

What is Haze?

- Haze is a phenomenon caused by the large number of small particles that cannot be seen by the naked eye and float in the air.
- These particles may come from the nature or side effects of human activity.
- The haze is a state of a poor quality characterized by opalescent appearance of the atmosphere and reduces visibility

- ✓ Eye irritation, watery eyes, conjunctivitis
- ✓ Running nose, stuffy nose, sneezing
- ✓ Headache, dizziness, fatigue & stress
- ✓ Decreased lung function



- ✓ Faster rate of promoting development of vascular disease
- ✓ Increase of risk of death by cardiovascular disease
- ✓ May contributed to development of diabetes
- ✓ Spontaneous abortion, under-weight infants, birth defects and infant defect

General Measure at Workplace

- Minimize outdoor activities
- Close all windows, doors and any opening that may allow haze to enter the workplace
- Ensure maintenance if the air conditioner with regular cleaning and servicing
- Use an air purifier to keep particulate levels low
- Provide health education regarding haze to the employees
- Provide respirators for employees who have to works outdoors
- Conduct fit Testing
- Reassignment of job tasks



General Measures for the Workers

- Inform the management if you are suffering from any heart or respiratory diseases
- Take your medication regularly if suffering from an existing disease, especially respiratory diseases
- Drink more water and increase the intake of fresh fruits and vegetables
- Cut down on alcohol and coffee
- Avoid smoking
- Wear a respirator when you go outside



Good 0-50	Moderate 51-100	Unhealthy 101-200	Very Unhealthy 201-300	Hazardous 301-400	Hazardous 400-500	Hazardous >500
<ul style="list-style-type: none"> • Prepare for any future possibility of air pollution 	<ul style="list-style-type: none"> • Identify outdoor activities that need to be minimized • Health Education to the employees • Ensure stock of N95 masks • Perform fit testing for employees who work outdoors 	<ul style="list-style-type: none"> • Initiate use of N95 respirators by employees working outdoors* • Reassign susceptible employees with difficulties working outdoors to indoor jobs* • Minimize strenuous outdoor tasks 	<ul style="list-style-type: none"> • Reassign all susceptible employees to indoor jobs* • Avoid strenuous outdoor tasks • Temporarily stop earthworks and earth movements tasks 	<ul style="list-style-type: none"> • Assess visibility for work processes • Ensure use of headlights while driving • Ensure all persons working outdoor are using N95 respirators 	<ul style="list-style-type: none"> • Avoid outdoor work 	<ul style="list-style-type: none"> • All government and private sector offices and workplaces to be closed pending declaration of Disaster Emergency by the National Committee on Disaster Management except essential services

*Workers with chronic lung and/or heart diseases should avoid using N95 respirators

*Workers with chronic lung and/or heart diseases, workers with acute respiratory illness