



Weekly Safety Tip

Spirometry Breathing Test



SPIROMETRY BREATHING TEST



A spirometry breathing test shows you how well you can move air in and out of your lungs.

*Spirometry is a common type of pulmonary function test (PFT) that measures how well a person can move air in and out of their lungs. In occupational settings, spirometry can be used to establish a baseline before assigning a worker to job tasks that are physically demanding, that require **use of a respirator**, or that may expose the worker to respiratory hazards. It is also used to track lung function over time and to evaluate workers who experience signs or symptoms of respiratory disease.*



THE NEED FOR SPIROMETRY TESTING

Spirometry testing is required for some workers by OSHA standards. Accurate spirometry testing, interpretation, and follow-up are critical to effective screening and surveillance of workers exposed to respiratory hazards, because --

Inhalation of some dusts, gases, or other air contaminants in the workplace, as well as some personal exposures, such as cigarette smoking, can harm your lungs.

Spirometry testing (a type of pulmonary or lung function test) may identify breathing problems early, which may prevent more serious problems. Spirometry testing may be performed on workers who are required to perform job tasks that are physically demanding, **require wearing a respirator**, or cause exposure to certain possible breathing hazards. Workers who show signs of breathing problems may also be tested. Depending on your situation, you may be asked to take the test every 6 months to 3 years.

WHAT TO DO DURING THE TEST

Wear comfortable clothing for the test. You will stand or sit comfortably and wear a nose clip to stop air from moving through your nose during the test. Listen to the spirometry technician's instructions and follow suggestions to get proper results. Take a deep breath that completely fills your lungs. Seal your lips around the spirometer mouthpiece. Then, as hard and as fast as you can, blow all of your air into the mouthpiece. Keep blowing until the technician tells you to stop. You will usually rest before repeating the test. You will need to give your best effort at least 3 times.

SPIROMETRY RESULTS

A healthcare professional should explain the results to you. The healthcare professional will compare the current test results with your past results (if any) to see if your breathing ability has changed. You have the right to receive a copy of your test results.

SPIROMETRY EQUIPMENT

The spirometry equipment and software used in such testing is validated by an independent laboratory testing that is documented by the manufacturer to assure compliance with the American Thoracic Society standards. Spirometry results are computerized and the computer file kept by the healthcare provider. The spirometry technician checks the calibration of the spirometer before use each day and keeps calibration records.

FREQUENCY OF TESTING

Periodic spirometry tests must be performed in accord with OSHA standards. For occupational exposures to substances for which no OSHA standard applies, periodic spirometry is usually recommended, although such testing can be done more or less frequently to evaluate changes in lung function over time. Testing less frequently than every 3 years is not recommended. The frequency of testing should be determined by the applicable OSHA standard or, where no standard applies, by the specific hazard to which workers are being exposed.

Based on NIOSH/OSHA pubs: DHHS (NIOSH) 2011 – OSHA 3415—1-11 and DHHS (NIOSH) 2011-132-OSHA 3418-3-1

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A WELL-BEING MOMENT

Dave Varwig
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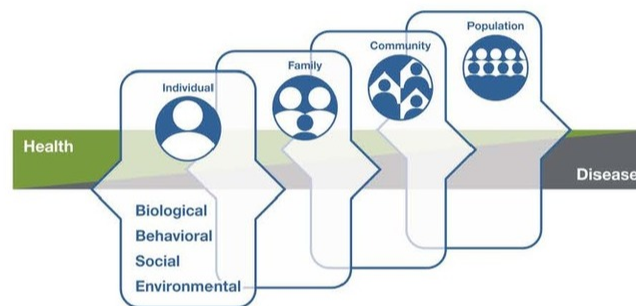
Whole Person Health: What You Need To Know

What is whole person health?

Whole person health involves looking at the whole person—not just separate organs or body systems—and considering multiple factors that promote either health or disease.

It means helping and empowering individuals, families, communities, and populations to improve their health in multiple interconnected biological, behavioral, social, and environmental areas.

Instead of treating a specific disease, **whole person health focuses on restoring health, promoting resilience, and preventing diseases across a lifespan.**



Why is whole person health important?

Health and disease are not separate, disconnected states but instead occur on a path that can move in two different directions, either toward health or toward disease.

On this path, many factors, including one's biological makeup; some unhealthy behaviors, such as poor diet, sedentary lifestyle, chronic stress, and poor sleep; as well as social aspects of life—the conditions in which people are born, grow, live, work, and age—can lead to chronic diseases of more than one organ system.

On the other hand, self-care, lifestyle, and behavioral interventions may help with the return to health.

Chronic diseases, such as diabetes, cardiovascular disease, obesity, and degenerative joint disease, can also occur with chronic pain, depression, and opioid misuse—all conditions exacerbated by chronic stress. Some chronic diseases increase the immediate and long-term risks with COVID-19 infection.

Understanding the condition in which a person has lived, addressing behaviors at an early stage, and managing stress can not only prevent multiple diseases but also help restore health and stop the progression to disease across a person's lifespan.



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