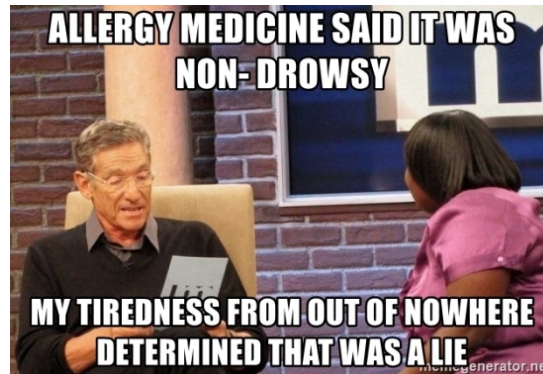


Job Name _____ Job # _____ Date 5/23/19



Toolbox Talk: ALLERGIES, ANTIHISTAMINES & DROWSINESS

Spring is here! It is time to put away the heavy coats and break out the sunglasses. But the weather conditions that lead to "spring fever" also give rise to another affliction that affects many of us-hay fever.

Hay fever can make those who are sensitive to pollen miserable, interfering with work and play. Fortunately, modern medicine has developed drugs which give temporary relief from hay fever's common symptoms. As users of antihistamines and decongestants know, however, there are side effects to these over-the-counter drugs. The side effect most often experienced is drowsiness.

Working in a hazardous industry is dangerous enough in itself. You must be alert at all times and able to react to production issues, recognize safety hazards, and be an asset to the crew. So what can be done to reduce the discomfort of hay fever season, yet keep you effective at work? The following tips may be helpful:

- Consider taking the medication for only significant allergy attacks-particularly if your job involves operating machinery or power tools.
- If you need the medicine, take the smallest dose possible that will still provide a level of relief that you need.
- Before taking the medication, read not only the warnings on the outer package, but also the product insert. This small piece of paper, with equally small print, usually has much more detailed information about the product and possible side effects.
- Follow the recommended dosage. More is not necessarily better. Taking "extra doses" may only provide more side effects-and not more relief.

Finally, if you have any questions about allergy medication, ask your doctor or pharmacist. Some products may be less troublesome than others. Spring allergies can be very uncomfortable, but an accident or injury could bring an even *greater* problem into your life.

Please be sure to sign your name to the training certification form.

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