



BREATHING EASY 9-5

ASTHMA IN THE WORKPLACE

[#AskAboutAsthma Week 2024](#)

DID YOU KNOW?

- **5.4 million people** in the UK are receiving treatment for asthma
- **1 in 5 people** with asthma say it affects their work

MANY ARE
UNAWARE OF
THEIR
**WORKPLACE
RIGHTS**



WORKPLACE TRIGGERS

- Dust and poor air quality



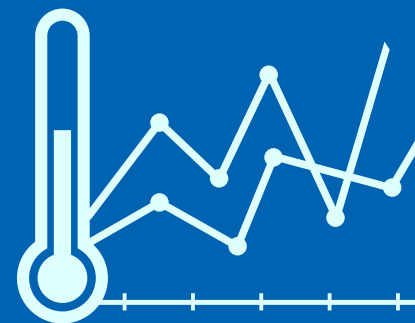
- Chemical fumes or strong odours



- Stress and high-pressure environments



- Temperature changes



YOUR RIGHTS

1. Protection under the **Equality Act 2010**
2. Right to **reasonable adjustments**
3. Protection **against discrimination**
4. Right to a **safe work environment**



Air purifiers or improved
ventilation



Flexible working hours or
remote work options



ADJUSTMENTS TO CONSIDER

Fragrance-free workplace
policies



Relocated workspace away
from triggers



NAVIGATING CAREER CHOICES

- Research potential triggers in different fields
- Consider jobs with flexible environments
- Don't let asthma limit your aspirations – many careers are possible with proper management!



COMMUNICATION IS KEY!

- Be open with your employer about your needs
- Educate colleagues about asthma
- Have an action plan for emergencies at work

