

Archdiocese of Seattle

Safety Training 2023



Wildfire Smoke Safety Awareness

- Keeping safe in smoky weather

There was a 2022 Emergency Wildfire Smoke L&I rule.

This rule is no longer in effect, but permanent rulemaking is underway and likely will see something in the future.



What is in wildfire smoke?



Photo from Fuyuen Yip, CDC

Wildfire smoke contains:

- Gases and
- Fine particles.

It mostly comes from burning plants and buildings.



Breathing wildfire smoke can cause:

- Itchy throat or eyes
- Coughing or phlegm
- Runny nose
- Headache
- Difficulty breathing
- Reduced lung function
- Aggravated asthma
- Heart failure
- Early death



Photo from Adobe Stock



Conditions causing higher risk for serious illness

- Recently sick with a cold, flu, COVID-19, or other respiratory infection
- Working outdoors
- Intense physical labor in smoky air



Photo from Adobe Stock



People with a higher risk for serious illness

- Heart or lung diseases
- Smokers
- Heart or circulatory problems
- Diabetes
- Pregnant
- Under 18
- 65 or older



Photo from Adobe Stock



Emergency Warning Signs

- Trouble breathing
- Chest pain
- Dizziness
- Fast-beating heart
- Severe cough



Working Safely In Wildfire Smoke



Photo from L&I

Watch for Changes in Air Quality

Notify your employer if you see air conditions getting worse.

Know the Symptoms of Smoke Exposure

- Dizziness
- Difficulty breathing
- Chest pain
- Other symptoms

Notify Your Supervisor

If you experience any symptoms of smoke exposure, notify your supervisor immediately.

