

Episode 2

Vape-free tradies

During a typical workday, you will breathe in almost 8,000 times. Do you know what you're breathing in? When your work environment is dusty, or you are exposed to hazards like fumes or gases, it's important to consider your lungs. Did you know that workplace exposures like gases, fumes, dusts, or vapours increases your risk of lung damage? These workplace exposures can also increase your risk of developing a lung disease, like silicosis, lung cancer, and chronic obstructive pulmonary disease (COPD). You can learn more by reading our **Healthy lungs at work fact sheet**.

We know that vaping increases your risk of lung damage, because you are potentially breathing in hundreds of dangerous chemicals. Lung damage can feel like:



Having difficulty breathing



Shortness of breath



Coughing



Wheezing.

If you are someone who vapes, it is important to think about how your use of vapes is impacting not only your lungs, but also your mate's. Second-hand vaping can impact those around you and cause symptoms like dry eyes, a sore throat, coughing, headaches and even breathlessness.

As a tradie, you will know how important it is to protect yourself and be proactive about you and your mate's safety. You know to wear a hard hat to protect your head, steel cap boots to protect your feet and glasses for your eyes. What do you do to protect your lungs? You can talk to your doctor about your vaping use, and your workplace exposure.



Remove vaping from your mix.

Quitting is a critical step towards improving your lung health and getting you back to your peak. There are **free services** available to help – **call Quitline today: 13 7848**.



Are you still paying attention?

Learn more about vaping here.



Queensland
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