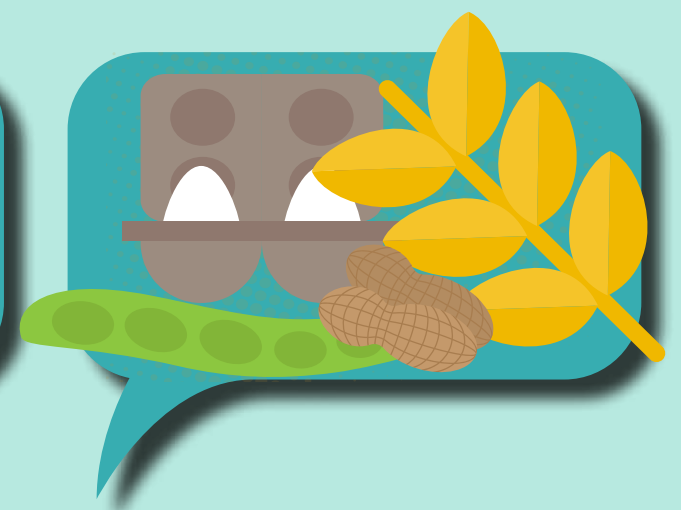


TOLERATING FOOD INTOLERANCES

Seven Keys to Staying Safe with Food Allergies



Tell —

Your supervisor and co-workers you have a food allergy

Ask for help —

Ask to be alerted when shared foods contain allergens

Share —

Show colleagues where your epinephrine is and how to administer it

Be Vigilant —

When storing your food in a communal area

Check Ingredients —

When offered food colleagues are sharing

Teach —

Let co-workers know how to recognize a reaction

Be Specific —

List the foods that cause reactions



Make sure you have a supply of epinephrine

Mere contact with allergens can trigger a reaction

Share details of your reactions ... are they typically mild or life threatening?

If you or someone near you is having an allergic reaction, act fast

Hang a notice of triggers and what to do at your work station

Don't let anyone in the workplace put a colleague at risk

Food allergies affect up to 15 million people in the United States

— Food Allergies Research & Education, "Facts and Statistics"

SOURCE: <http://www.nsc.org/learn/safety-knowledge/Pages/Ladder-Safety-One-Rung-at-a-Time.aspx>

For more information on this and other safety topics, please log on to the member-exclusive website at nsc.org.



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