

Work-Related Asthma Symptom & Exposure Log



Dust, mold, fumes, chemicals and other substances you're exposed to on the job can trigger asthma or make it worse. If you think you might be exposed to asthma triggers at work print this log form. Fill in an entry each time you notice symptoms of asthma.

Bring the log to your doctor's appointment to discuss with your healthcare provider.

Name: _____ Job / Employer: _____

Log started: _____

What to record:

- Date symptoms started, and where you were (e.g. in break room, shop floor, salon)
- What you were doing or exposed to just before (e.g., mixing bread dough, spray painting a vehicle, sanding wood).
- Symptoms (cough, wheeze, chest tightness, shortness of breath), when they started and approximately how long they lasted.

Date	Location	Details	Symptoms
		When started:	☐ Wheezing/Phlegm ☐ Cough ☐ Difficulty breathing during normal activities ☐ Chest tightness ☐ Repeated use of rescue medicine ☐ Sleep disturbances caused by symptoms ☐ Missed work ☐ Other: _____
		How long symptoms lasted:	
		Suspected trigger:	

Date	Location	Details	Symptoms
		When started:	
		How long symptoms lasted:	
		Suspected trigger:	
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