

INSTRUCTIONS FOR PEF MONITORING AT WORKPLACES

Blowing:

1. You should be standing, if possible.
2. Put the marker at zero. Keep the meter in horizontal position and make sure that your fingers do not block the marker or the vents.
3. Fill your lungs with air and place the mouthpiece between your teeth.
4. Close your lips around the mouthpiece and blow out as hard as you can (the blow should be forceful, sharp and short).

One test:

Blow three times and enter all results in the form.

The difference between the two best blows should not be more than 20 units.

If the difference between the two best blows is more than 20 units, you should blow again.

However, you should not make more than five blows during one test.

You should take the tests

- both on working days and on days when you are off work
- in the morning, immediately after you have got up from bed
- about every two hours when you are awake
- at night when you wake up and have symptoms
- You should take additional tests when you have symptoms.
- Take the same number of tests on working days and on days when you are off work.

If you need to take medication to open your airways, take the test

- before taking the dose and
- 15-30 minutes after taking the dose

Enter the following information in the form:

- the date and exact time
- are you at your workplace (W) or off work (O)
- the work you have done, the substances you have used and the premises where you have been working
- other factors influencing the results (such as below-zero temperature, perfumes, physical stress, flu symptoms)
- type of any symptoms
- any asthma medication you have taken

Remember to follow the instructions carefully – this allows you to get maximum benefits from the monitoring.

If you need any help, please contact:

Name of the nurse:

tel:

or the occupational health service at your workplace