



## KCA TOOL BOX TALK: Spirometry Screening

Spirometry is a common type of pulmonary function test (PFT) that measures how well a person can move air in and out of their lungs. In occupational settings, spirometry can be used to establish a baseline before assigning a worker to job tasks that are physically demanding, that require use of a respirator, or that may expose the worker to respiratory hazards. It is also used to track lung function over time and to evaluate workers who experience signs or symptoms of respiratory disease.

### Signatures

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_
16. \_\_\_\_\_
17. \_\_\_\_\_
18. \_\_\_\_\_

### Tips:

- ✓ Periodic spirometry tests must be performed in accord with OSHA standards.
- ✓ For occupational exposures to substances for which no OSHA standard applies, periodic spirometry is usually recommended, although such testing can be done more or less frequently to evaluate changes in lung function over time.
- ✓ Testing less frequently than every 3 years is not recommended.
- ✓ The frequency of testing should be determined by the applicable OSHA standard or, where no standard applies, by the specific hazard to which workers are being exposed.
- ✓ Use the [OSHA Standards Medical Screening and Surveillance Requirements Guide](#) as a quick reference to help you locate and implement the screening and surveillance for toxic and hazardous substances and respirator use.
- ✓ Additional resources on this topic can also be found on [this link to OSHA's website](#).

For more information visit OSHA REGULATIONS: 1926.1101(b), Subpart Z

---

[www.KeystoneContractors.com](http://www.KeystoneContractors.com)

---

***Teamwork Improves Safety!***

Keystone Contractors Association [Jon@KeystoneContractors.com](mailto:Jon@KeystoneContractors.com) 717-731-6272