

Protect Yourself: Hops and Your Health

Hop dust can cause asthma, shortness of breath, and skin rash

If you feel short of breath around hops:

- *Tell your employer and see a doctor*
- *If you continue to work with hops, your breathing may get worse*
- *Medicine from a doctor (not a store) can help*

If you had breathing problems during last year's harvest:

- *See a doctor before this year's harvest*
- *Consider harvesting a different crop*

For more information: Contact the SHARP Program, 1-888-667-4277 or Carolyn.Whitaker@Lni.wa.gov SHARP Publication # 42-02-2015



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