

# Safety Tip

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## Tips to beat air pollution during Diwali

Every year in India it becomes difficult to breathe for the entire Diwali week. Heavy smoke, heaps of used explosives and papers and a din in the eardrums is what we are left with after the celebrations are over.

Here are some doable tips on surviving air and noise pollution without wrecking your lungs or damaging your hearing.



Check daily air pollution levels in your neighbourhood before stepping out and avoid highly-polluted areas.

Don't exercise (walk, cycle or run) or play outdoors when pollution levels are high, which is usually in the morning. Instead, walk indoors in a shopping mall or head for a gym.



Drive with your windows rolled up or cover your mouth and nostrils with a facemask (N95 respirators are the most effective) or a cloth while cycling or riding two wheelers.

Don't light crackers or burn the trash generated the day after. The harmful particles and gases hang low in the atmosphere for hours, stinging our eyes and choking lungs.



Use ear plugs as firecrackers produce between 90dB to 130dB of sound, depending on their potency. Sustained exposure to sounds greater than 90 dB without hearing protection can damage hearing and may cause some permanent damage.

### Safety Tips

An initiative to share a safety and security tip to encourage caution amongst society...it's **worth following and sharing with near and dear ones!** We encourage everyone to be a part of this initiative through their inputs and thoughts.