SMOHIT Body Maintenance
Toolbox Talks for the Sheet Metal Industry

Gluten Awareness

- Gluten is a protein composite that appears in foods processed from wheat, barley, rye, and oats.

- Gluten gives elasticity to dough, helping it to rise and to keep its shape, and often giving final products a chewy texture.

- Gluten is found in pizza, pasta, bread, wraps, rolls, and most processed foods; and in hidden sources such as soup mixes, salad dressings, sauces, and certain vitamins.

- People with diagnosed, undiagnosed, and "latent" celiac disease or gluten sensitivity have a higher risk of death, mostly from heart disease and cancer.
    o Celiac disease is a condition that damages the lining of the small intestine and prevents it from absorbing parts of food that are important for staying healthy.

- Diseases that can be caused by eating gluten include osteoporosis, irritable bowel disease, inflammatory bowel disease, anemia, cancer, fatigue, canker sores, rheumatoid arthritis, lupus, multiple sclerosis, and almost all other autoimmune diseases.

- Gluten is linked to many psychiatric and neurological diseases, including anxiety, depression, schizophrenia, dementia, migraines, epilepsy, and neuropathy (nerve damage).

- Gluten sensitivity is an autoimmune disease that creates inflammation throughout the body.
    o Gluten sensitivity can adversely affect every organ in the body (brain, heart, joints, digestive tract, etc.).
    o To correct gluten related problems you must treat the cause (gluten sensitivity), not just the symptoms.

Notes:

Instructor Tips

- **Ask workers if they are aware of any gluten-related problems they have.**

- **Explain that 99% of people who have problems with gluten don't even know it, and gluten sensitivity is 100% curable.**

- **Explain that gluten sensitivity can be the single cause behind many different diseases.**

- **Explain to workers that if they think they are having gluten related problems, they should see their doctor immediately.**

- **Note: See www.celiac.com for information.**

Jobsite: _____ Date: _____
Supervisor: _____ G.C. _____

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