



*“When should I fill out an exposure report form?”*

- Inhale any amount of smoke from any type of combustion
- Exposure to a communicable disease or potentially hazardous material
- Direct skin contact with blood or other type of bodily fluids
- Experience any symptoms such as: nausea, cough, skin irritation, etc., after contact that could be a potential threat to your health
- Incur a needle stick
- Exposure to anything you feel could have had a harmful impact on your health

## Peace Officers Research Association of California

Non-profit organization by Peace Officers for Peace Officers, established in 1953

PORAC is a professional federation of local, state and federal public safety associations. We are the largest statewide public safety association in the Nation

PORAC is *The* leader in fighting to enhance public safety, uphold professional training standards and to protect the rights of peace officers



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## Hazardous Exposure Listing Program (H.E.L.P.)



Many Law Enforcement and Public Safety Officers are exposed to a variety of substances and infectious diseases that may not develop medical symptoms for many years.

When these injuries and/or illnesses are later diagnosed, it is critical that you have the relevant documentation to show some correlation between the original exposure, and those symptoms.



PORAC's confidential H.E.L.P. program can assist you in establishing the important link when seeking care and treatment from your employer for job related injury and/or illness.

## How to Enroll

There is No cost to enroll for PORAC members. Just log on to [www.porac.org](http://www.porac.org) and access the H.E.L.P. program section. Complete a brief registration form to set up your account. This **private** memorialization of your exposure/incidents at work will permit easy reference to your H.E.L.P. incident reports, should you need them in the future.

When an incident occurs, simply log on to your account and complete the online form with as much (or as little) information as you have.

PORAC's H.E.L.P. program retains the information for you to download at any time. This information is available to only you in the event that you need to document an exposure or incident to support a claim.



## H.E.L.P. Incident Report

*“What type of information will I need to report?”*

- Witnesses to the incident, both inside & outside of the department
- Log the crime report or other departmental numbers
- Document involvement of supervisors or medical-personnel involved in the incident
- Presence of any known chemicals or bio-toxins
- Length of exposure to any chemicals or bio-toxins