

PLAYING IT

SAFE

Be safe and healthy on the job at with these helpful tips provided by Cool Insuring Agency, Inc..



Silica Exposure Dangers

Helpful tips for preventing silicosis

Found in commonly used materials such as concrete, asphalt, coal dust and natural stone, silica particles can be inhaled when dust is created during handling.

Silica looks like dust, but it's much more harmful to your lungs. It is a human lung carcinogen, and breathing it in causes the formation of scar tissue on the lungs, reducing the lungs' ability to take in oxygen. Without proper protection, exposure poses a serious threat to workers.

To minimize your risk of disease caused by silica inhalation, follow these safety precautions while on the job.

- Always wear personal protective equipment (PPE) such as goggles, boots and a N95 NIOSH certified respirator.
- Wear disposable or washable work clothes and shower immediately after working with materials containing silica. Vacuum or wash the dust from clothing before leaving work to avoid contaminating your vehicle and home with harmful silica dust.
- Participate in any health screenings that [C_Officalname] offers.
- Do not eat, drink or smoke in areas where silica dust is present. Wash your hands and face before eating, drinking or smoking outside of the work area.

Not at Risk? Think Again!

Don't think silica dust is harmful? Here's what can happen down the road if you

don't take precautions today. There are three stages of silicosis, the disease caused by silica inhalation.

Chronic/Classic Silicosis

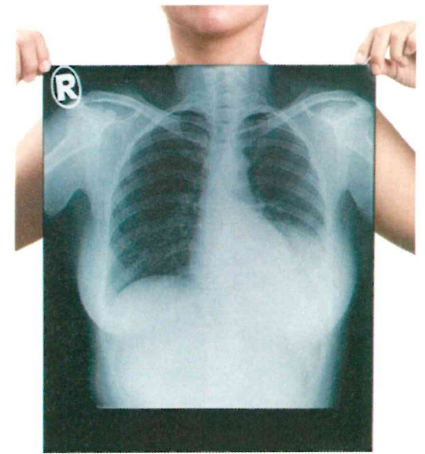
- Occurs after 15 to 20 years of moderate to low exposure. Initially, the symptoms may not be obvious, so the Occupational Health and Safety Administration (OSHA) recommends that those who work around silica dust have a chest X-ray to determine if they have any lung damage. As the disease progresses, you may have shortness of breath when exercising. As the silicosis progresses, you may experience fatigue, extreme shortness of breath, chest pain and respiratory failure.

Accelerated Silicosis

- Occurs after 5 to 10 years of high exposure. Symptoms include severe shortness of breath, weakness and weight loss.

Acute Silicosis

- Occurs only a few months and up to two years following extremely high exposure. Symptoms include severe disabling shortness of breath, weakness and weight loss. This form of silicosis typically leads to death.



Safety Check!

Before using your respirator, make sure to check for any leaks in the seal or loose parts. Wearing a damaged respirator puts you at risk for silicosis.

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