



Asbestos Awareness Training

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Topics

- Forms and Uses
- Health Effects
- Locations
- Who's at Risk
- Protect Yourself
- Control Exposure

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Facts

- Asbestos is a mineral that breaks apart into fibers.
- Asbestos is dangerous when it's in the air and you inhale it.
- It's very easy to make asbestos airborne.
- Asbestos is deadly, but you can protect yourself.

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Forms and Uses

- Chrysotile (white asbestos) – used in insulation, fireproofing, and soundproofing
- Amosite (brown asbestos) – used in high-friction applications such as brake shoes and clutches
- Crocidolite (blue asbestos) – not as common as the other two forms

Friable Asbestos

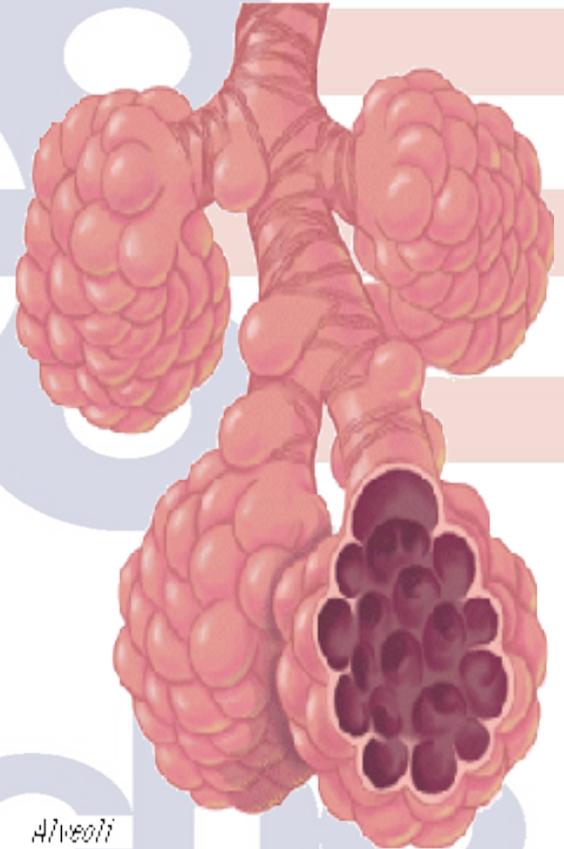
- **Friable** (*easily crumbled*) **asbestos** can be reduced to powder by hand pressure when it is dry (sprayed-on asbestos insulation falls into this category).
- **Non-friable** (*hard to crumble*) **asbestos** is usually found bonded into other materials. Its fibers are harder to break apart into powder but, can be released by cutting, grinding or sanding.

How Does Asbestos Enter Your Body

- Asbestos fibers are released from damaged materials containing asbestos.
- These fibers enter your body when you breathe, eat, or drink.
- They remain in your body for your lifetime.
- They can cause deadly diseases.

Health Effects

- If you inhale asbestos fibers, they enter your lungs and lodge into tiny air sacs called “alveoli”.
- It’s through these air sacs that oxygen enters the blood and carbon dioxide is removed.
- When asbestos fibers enter the alveoli, they irritate the membrane and leave scar tissue which oxygen can’t penetrate. This condition is ***asbestosis***.
- Another area that can be affected is the **pleura** – the membrane lining the lungs.
- Asbestos fibers migrate to the pleura and cause a cancer called ***mesothelioma***. It isn’t dose-related.



Health Effects

- There are no warning signs that asbestos is causing problems in your body.
- Many harmful effects don't appear for 20 years or more after exposure.

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Health Effects

- Smoking can further increase the health related risk from asbestos exposure.
- Asbestos fibers irritate the lungs, making them even more sensitive to the risk of lung cancer.
- Smokers who have worked with asbestos face as much as 90 times the risk of cancer as non-smokers.

Dose-Related

- The more asbestos fibers you breathe or swallow, the more likely you are to get sick. This is called a dose relationship.
- The higher the amount of asbestos, the greater your chances of getting an asbestos disease.
- Mesothelioma is the exception.

Asbestos Locations

- Thermal system insulation, ducts, boilers, pipes
- Sprayed on or troweled on surfacing materials
- Asphalt & vinyl floors
- Fire-proof drywall
- Fire-proof drapes and curtains
- Sprayed on fire proofing on beams.
- Suspended ceiling tiles

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Who's at Risk

- You don't have to work directly with asbestos to be at risk from exposure to airborne fibers.
- You can be exposed just by working in a building that contains asbestos.
- Your risk increases if:
 - Your work area contains friable asbestos, such as sprayed on insulation.
 - You work near a construction or renovation area which contains asbestos.
 - You are engaged in custodial activities in areas containing asbestos.

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Protecting Yourself

- Wear the proper PPE when working in an area where asbestos is present.
- Avoid dry stripping, sanding, and scraping floor tiles, walls, and disturbing ductwork.
- Don't dust, sweep up debris, or vacuum carpets in areas that contain asbestos.
- If you find any material that you suspect may be or may contain asbestos, notify your supervisor.

Floor Care

- Never sand or scrape asbestos floor tiles.
- Strip floor finish using the wet method.
- Never burnish or dry buff asbestos containing floor tiles.

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Safe Housekeeping

- When cleaning areas where friable, asbestos is present:
 - Use a damp mop.
 - Don't use a broom.
 - Don't use vacuum machine.
- Stay away from damaged materials containing friable asbestos.

Controlling Exposure

- Follow your workplace safety procedures and pay attention to asbestos warning signs.
- Always heed the labels on asbestos products or waste.
- Remember that good housekeeping practices are very effective in reducing exposure to asbestos.

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Summary

- Asbestos is deadly.
- Beware of any material that easily crumbles.
- If you must work near asbestos, the main goal is preventing asbestos from being airborne.

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Questions?

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