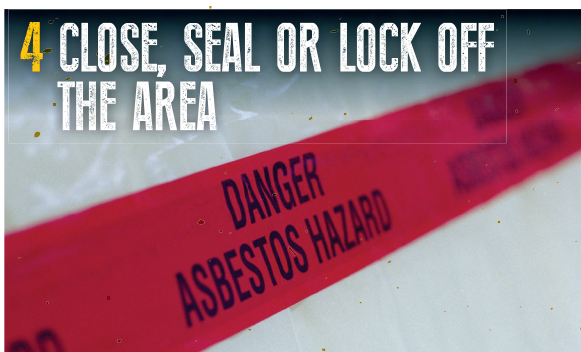


# PROTECT YOURSELF FROM ASBESTOS DUST

If you believe that you have disturbed or may be about to disturb asbestos-containing materials, follow these steps:



**NOTE: Asbestos removal and cleaning up significant dust exposure should only be carried out by specialist contractors.**

## Your employer should:

- have an asbestos-management plan
- not put you to work if you will disturb asbestos
- tell you where asbestos is located
- provide training on how to work safely around asbestos-containing materials
- call a specialist contractor to remove or clean up asbestos dust



## HEALTH SYMPTOMS: THE WARNING SIGNS

Identifying symptoms early can mean that treatment is more effective.

Warning signs to look out for include:

- a persistent cough
- a cough you have had for a while that gets worse
- breathlessness
- coughing up phlegm with traces of blood
- an ache or pain in the chest or shoulder
- loss of appetite or unexpected weight loss
- tiredness

**DON'T DELAY: IT'S BETTER TO SEEK MEDICAL ADVICE SOONER RATHER THAN LATER.**



# ASBESTOS: THE FACTS

## WHAT IS ASBESTOS?

Asbestos is the name given to a group of minerals widely used in building materials such as insulating boards, flooring materials, spray coatings, lagging, sealants, adhesives and reinforced plastics. Its use and reuse is now banned in the UK and other countries, but thousands of tonnes of asbestos-containing materials remain in place in domestic, public and industrial buildings and other locations.

## WHAT ARE THE DANGERS?

If asbestos deteriorates or is drilled into, sanded, broken up or damaged, it releases dust containing microscopic asbestos fibres. These fibres can lodge in the lungs and cause fatal diseases, such as lung cancer and mesothelioma.

The time lag between breathing in asbestos fibres and developing asbestos-related diseases can be up to 40 years – so a significant exposure today could be a death sentence in years to come.

## WHO IS MOST AT RISK?

People working in construction and related trades, such as carpenters, plumbers, heating and ventilation engineers, plasterers, painters and decorators, electricians, telecoms engineers, floorers and tilers.

## HOW SMALL IS ASBESTOS?

2 grains of rice



20,000 asbestos fibres

Source: [www.asbestosdiseaseawareness.org/wp-content/uploads/Penny-Slide.jpg](http://www.asbestosdiseaseawareness.org/wp-content/uploads/Penny-Slide.jpg)

## ASBESTOS-RELATED DEATHS

WORLDWIDE:

AT LEAST 107,000 A YEAR

BRITAIN:

AROUND 5,000 A YEAR



In association with



Working together to beat occupational cancer

Find out about the campaign at

[www.notimetolose.org.uk](http://www.notimetolose.org.uk)

## WHERE CAN ASBESTOS BE FOUND?

### SPRAY COATINGS



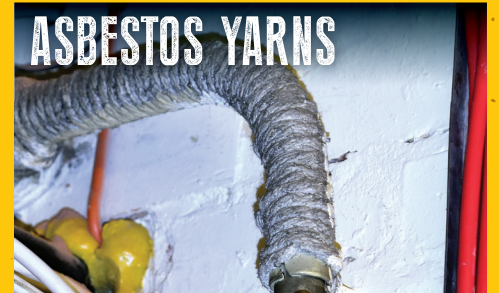
### LAGGING



### INSULATING BOARDS



### ASBESTOS YARNS



### ASBESTOS MILLBOARD AND PAPERS



### FIBRE CEMENT



### FLOOR TILES, GASKETS, BITUMEN FELTS



### MASTICS, SEALANTS, PUTTIES AND ADHESIVES



### TEXTURED COATINGS AND PAINTS



### REINFORCED PLASTICS

