WHAT ARE THE DANGERS?
Undisturbed, asbestos poses no risk to health. However, if it deteriorates or is drilled into, sanded or broken up or damaged, it releases dust containing microscopic fibres.
If breathed in, these fibres can lodge in the lungs and cause fatal diseases, such as lung cancer and mesothelioma. Most alarmingly, 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 are most at risk from exposure to asbestos. This includes carpenters, plumbers, heating and ventilation engineers, plasterers, painters and decorators, electricians, telecoms engineers, floorers and tilers.

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, reinforced plastics and other products. 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 buildings and elsewhere.

ASBESTOS FACT
in Britain, around 5,000 people die every year from asbestos-related cancer

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ASBESTOS FACT
Asbestos claims well over 100,000 lives a year worldwide
It is also important to insist that any employees of contractors working on-site have received asbestos awareness training too, if they might disturb asbestos-containing materials.

**Have a system to investigate** any incident where accidental damage to asbestos-containing materials may have occurred, to identify its cause.

**WHAT YOU SHOULD DO**

- Ask your boss if they know if asbestos is present – or likely to be present – where you are working.
- If it is and you cannot avoid working near it, and if you think you have or are about to damage asbestos-containing materials, then you should:
  - stop work immediately
  - move everyone away and ensure nobody enters the area
  - do not remove equipment or materials
  - close, seal or lock off the area
  - put up warning signs
  - report it to your employer
- Speak to your employer if you're not sure about anything or want to get more information.

**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.

Find out more about the dangers of asbestos dust and how to stay safe at www.notimetolose.org.uk.