

## Protecting Workers from Asbestos Hazards

Cleaning up after a flood requires hundreds of workers to renovate and repair, or tear down and dispose of, damaged or destroyed structures and materials. However, repair, renovation, and demolition operations often generate airborne asbestos, a mineral fiber that can cause chronic lung disease or cancer. The Occupational Safety and Health Administration (OSHA) has developed regulations designed to protect cleanup workers from asbestos hazards.

### How You Can Become Exposed to Asbestos

Before it was known that inhalation of asbestos fibers causes several deadly diseases—including asbestosis, a progressive and often fatal lung disease, and lung and other cancers—asbestos was used in a large number of building materials and other products because of its strength, flame resistance, and insulating properties. Asbestos was used in asbestos-cement pipe and sheeting, floor and roofing felts, dry wall, floor tiles, spray on ceiling coatings, and packing materials. When buildings containing these materials are renovated or torn down, or when the asbestos-containing materials themselves are disturbed, minute asbestos fibers may be released into the air. The fibers are so small that they often cannot be seen with the naked eye; the fact that you can inhale these fibers without knowing it makes asbestos an even more dangerous hazard.

### OSHA's Standards for Asbestos

The work of flood cleanup personnel involves the repair, renovation, removal, demolition, or salvage of flood-damaged structures and materials. Such materials may contain or be covered with asbestos, and cleanup personnel are protected by OSHA's construction industry asbestos standard (Title 29 Code of Federal Regulations (CFR), Part 1926.1101). This standard requires employers to follow various procedures to protect their employees from inhaling

asbestos fibers. The standard contains many requirements that vary depending on the kind of work being undertaken, the amount of asbestos in the air, and other factors. You and your employer can obtain a copy of this standard and the booklet, *Asbestos Standards for Construction* (OSHA 3096) describing how to comply with it, from OSHA Publications, P.O. Box 37535, Washington, DC 20013-7535, (202) 693-1888(phone), or (202) 693-2498(fax); or visit OSHA's website at [www.osha.gov](http://www.osha.gov).

### Major Elements of OSHA's Asbestos Standard

The following include some of the major requirements of the asbestos standard. For complete information on all requirements, see 29 CFR 1926.1101.

- A permissible exposure limit (PEL) of 0.1 fiber of asbestos per cubic centimeter of air as averaged over an 8-hour period, with an excursion limit of 1.0 asbestos fibers per cubic centimeter over a 30-minute period.
- Requirements for an initial exposure assessment to ascertain expected exposures during that work operation, and periodic exposure monitoring in certain instances.
- Use of engineering controls, to the extent feasible, to meet the PEL. Where this is not possible, engineering controls must be used to reduce exposures to the lowest levels possible and then supplemented by the use of appropriate respiratory protection.

- Use of regulated areas to limit access to locations where asbestos concentrations may be dangerously high.
- No smoking, eating, or drinking in asbestos-regulated areas.
- Requirements for warning signs and caution labels to identify and communicate the presence of

hazards and hazardous materials; recordkeeping; and medical surveillance.

### **Additional Information**

For more information on this, and other health-related issues impacting workers, visit OSHA's Web site at [www.osha.gov](http://www.osha.gov).

**This is one in a series of informational fact sheets highlighting OSHA programs, policies or standards. It does not impose any new compliance requirements. For a comprehensive list of compliance requirements of OSHA standards or regulations, refer to Title 29 of the Code of Federal Regulations. This information will be made available to sensory impaired individuals upon request. The voice phone is (202) 693-1999; teletypewriter (TTY) number: (877) 889-5627.**

For more complete information:



U.S. Department of Labor

[www.osha.gov](http://www.osha.gov)

(800) 321-OSHA

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# OSHA **FACT** Sheet

## What is crystalline silica?

Crystalline silica is a basic component of soil, sand, granite, and many other minerals. Quartz is the most common form of crystalline silica. Cristobalite and tridymite are two other forms of crystalline silica. All three forms may become respirable size particles when workers chip, cut, drill, or grind objects that contain crystalline silica.

## What are the hazards of crystalline silica?

Silica exposure remains a serious threat to nearly 2 million U.S. workers, including more than 100,000 workers in high risk jobs such as abrasive blasting, foundry work, stonecutting, rock drilling, quarry work and tunneling. The seriousness of the health hazards associated with silica exposure is demonstrated by the fatalities and disabling illnesses that continue to occur in sandblasters and rockdrillers. Crystalline silica has been classified as a human lung carcinogen. Additionally, breathing crystalline silica dust can cause **silicosis**, which in severe cases can be disabling, or even fatal. The respirable silica dust enters the lungs and causes the formation of scar tissue, thus reducing the lungs' ability to take in oxygen. There is no cure for silicosis. Since silicosis affects lung function, it makes one more susceptible to lung infections like **tuberculosis**. In addition, smoking causes lung damage and adds to the damage caused by breathing silica dust.

## What are the symptoms of silicosis?

Silicosis is classified into three types: chronic/classic, accelerated, and acute.

**Chronic/classic silicosis**, the most common, occurs after 15–20 years of moderate to low exposures to respirable crystalline silica. Symptoms associated with chronic silicosis may or may not be obvious; therefore, workers need to have a chest x-ray to determine if there is lung damage. As the disease progresses, the worker may experience shortness of breath upon exercising and have clinical signs of poor oxygen/carbon dioxide exchange. In the later stages, the worker may experience fatigue, extreme shortness of breath, chest pain, or respiratory failure.

**Accelerated silicosis** can occur after 5–10 years of high exposures to respirable crystalline silica. Symptoms include severe shortness of breath, weakness, and weight loss. The onset of symptoms takes longer than in acute silicosis.

**Acute silicosis** occurs after a few months or as long as 2 years following exposures to extremely high concentrations of respirable crystalline silica. Symptoms of acute silicosis include severe disabling shortness of breath, weakness, and weight loss, which often leads to death.

## Where are construction workers exposed to crystalline silica?

Exposure occurs during many different construction activities. The most severe exposures generally occur during abrasive blasting with sand to remove paint and rust from bridges, tanks, concrete structures, and other surfaces. Other construction activities that may result in severe exposure include: jack hammering, rock/well drilling, concrete mixing, concrete drilling, brick and concrete block cutting and sawing, tuck pointing, tunneling operations.

## Where are general industry employees exposed to crystalline silica dust?

The most severe exposures to crystalline silica result from abrasive blasting, which is done to clean and smooth irregularities from molds, jewelry, and foundry castings, finish tombstones, etch or frost glass, or remove paint, oils, rust, or dirt from objects needing to be repainted or treated. Other exposures to silica dust occur in cement and brick manufacturing, asphalt pavement manufacturing, china and ceramic manufacturing and the tool and die, steel and foundry industries. Crystalline silica is used in manufacturing, household abrasives, adhesives, paints, soaps, and glass. Additionally, crystalline silica exposures occur in the maintenance, repair and replacement of refractory brick furnace linings.

In the maritime industry, shipyard employees are exposed to silica primarily in abrasive blasting operations to remove paint and clean and prepare steel hulls, bulkheads, decks, and tanks for paints and coatings.

## How is OSHA addressing exposure to crystalline silica?

OSHA has an established Permissible Exposure Limit, or PEL, which is the maximum amount of crystalline silica to which workers may be exposed during an 8-hour work shift (29 CFR 1926.55, 1910.1000). OSHA also requires hazard

communication training for workers exposed to crystalline silica, and requires a respirator protection program until engineering controls are implemented. Additionally, OSHA has a National Emphasis Program (NEP) for Crystalline Silica exposure to identify, reduce, and eliminate health hazards associated with occupational exposures.

## What can employers/employees do to protect against exposures to crystalline silica?

- Replace crystalline silica materials with safer substitutes, whenever possible.
- Provide engineering or administrative controls, where feasible, such as local exhaust ventilation, and blasting cabinets. Where necessary to reduce exposures below the PEL, use protective equipment or other protective measures.
- Use all available work practices to control dust exposures, such as water sprays.
- Wear only a N95 NIOSH certified respirator, if respirator protection is required. Do not alter the respirator. Do not wear a tight-fitting respirator with a beard or mustache that prevents a good seal between the respirator and the face.
- Wear only a Type CE abrasive-blast supplied-air respirator for abrasive blasting.
- Wear disposable or washable work clothes and shower if facilities are available. Vacuum the dust from your clothes or change into clean clothing before leaving the work site.
- Participate in training, exposure monitoring, and health screening and surveillance programs to monitor any adverse health effects caused by crystalline silica exposures.
- Be aware of the operations and job tasks creating crystalline silica exposures in your workplace environment and know how to protect yourself.
- Be aware of the health hazards related to exposures to crystalline silica. Smoking adds to the lung damage caused by silica exposures.
- Do not eat, drink, smoke, or apply cosmetics in areas where crystalline silica dust is present. Wash your hands and face outside of dusty areas before performing any of these activities.
- Remember: If it's silica, it's not just dust.

This is one in a series of informational fact sheets highlighting OSHA programs, policies, or standards. It does not impose any new compliance requirements. For a comprehensive list of compliance requirements of OSHA standards or regulations, refer to *Title 29 of the Code of Federal Regulations*. This information will be made available to sensory-impaired individuals upon request. The voice phone is (202) 693-1999. See also OSHA's website at [www.osha.gov](http://www.osha.gov).

## How can I get more information on safety and health?

OSHA has various publications, standards, technical assistance, and compliance tools to help you, and offers extensive assistance through workplace consultation, voluntary protection programs, strategic partnerships, alliances, state plans, grants, training, and education. OSHA's *Safety and Health Program Management*

*Guidelines* (Federal Register 54:3904-3916, January 26, 1989) detail elements critical to the development of a successful safety and health management system. This and other information are available on OSHA's website.

- For one free copy of OSHA publications, send a self-addressed mailing label to OSHA Publications Office, 200 Constitution Avenue N.W., N-3101, Washington, DC 20210; or send a request to our fax at (202) 693-2498, or call us toll-free at (800) 321-OSHA.
- To order OSHA publications online at [www.osha.gov](http://www.osha.gov), go to **Publications** and follow the instructions for ordering.
- To file a complaint by phone, report an emergency, or get OSHA advice, assistance, or products, contact your nearest OSHA office under the U.S. Department of Labor listing in your phone book, or call toll-free at **(800) 321-OSHA (6742)**. The teletypewriter (TTY) number is (877) 889-5627.
- To file a complaint online or obtain more information on OSHA federal and state programs, visit OSHA's website.

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# OSHA FactSheet

## Protecting Workers from Lead Hazards

Cleaning up after a flood requires hundreds of workers to renovate and repair, or tear down and dispose of, damaged or destroyed structures and materials. Repair, renovation and demolition operations often generate dangerous airborne concentrations of lead, a metal that can cause damage to the nervous system, kidneys, blood forming organs, and reproductive system if inhaled or ingested in dangerous quantities. The Occupational Safety and Health Administration (OSHA) has developed regulations designed to protect workers involved in construction activities from the hazards of lead exposure.

### How You Can Become Exposed to Lead

Lead is an ingredient in thousands of products widely used throughout industry, including lead-based paints, lead solder, electrical fittings and conduits, tank linings, plumbing fixtures, and many metal alloys. Although many uses of lead have been banned, lead-based paints continue to be used on bridges, railways, ships, and other steel structures because of its rust- and corrosion-inhibiting properties. Also, many homes were painted with lead-containing paints. Significant lead exposures can also occur when paint is removed from surfaces previously covered with lead-based paint.

### Operations that can generate lead dust and fumes include:

- Demolition of structures;
- Flame-torch cutting;
- Welding;
- Use of heat guns, sanders, scrapers, or grinders to remove lead paint; and
- Abrasive blasting of steel structures

OSHA has regulations governing construction worker exposure to lead. Employers of construction workers engaged in the repair, renovation, removal, demolition, and salvage of flood-damaged structures and materials are responsible for the development and implementation of a worker protection program in accordance with Title 29 Code of

Federal Regulations (CFR), Part 1926.62. This program is essential to minimize worker risk of lead exposure. Construction projects vary in their scope and potential for exposing workers to lead and other hazards. Many projects involve only limited exposure, such as the removal of paint from a few interior residential surfaces, while others may involve substantial exposures. Employers must be in compliance with OSHA's lead standard at all times. A copy of the standard and a brochure—Lead in Construction (OSHA 3142)—describing how to comply with it, are available from OSHA Publications, P.O. Box 37535, Washington, D.C. 20013-7535, (202) 693-1888(phone), or (202) 693-2498(fax); or visit OSHA's website at [www.osha.gov](http://www.osha.gov).

### Major Elements of OSHA's Lead Standard

- A permissible exposure limit (PEL) of 50 micrograms of lead per cubic meter of air, as averaged over an 8-hour period.
- Requirements that employers use engineering controls and work practices, where feasible, to reduce worker exposure.
- Requirements that employees observe good personal hygiene practices, such as washing hands before eating and taking a shower before leaving the worksite.
- Requirements that employees be provided with protective clothing and, where necessary, with respiratory protection accordance with 29 CFR 1910.134.

- A requirement that employees exposed to high levels of lead be enrolled in a medical surveillance program.

### **Additional Information**

For more information on this, and other health-related issues impacting workers, visit OSHA's Web site at [www.osha.gov](http://www.osha.gov).

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