

## “Take 10” Training Documentation Form

Location: \_\_\_\_\_ Date: \_\_\_\_\_

Name of Person Conducting Training: \_\_\_\_\_



### *Silica Awareness*

You may not have realized it but silica is everywhere. In fact it's present in about 95% of rocks, clays, sands and soils! Hazardous exposure in the workplace can occur when crystalline silica found in sand, quartz, and granite becomes airborne as dust from activities such as:

- Demolition of brick, concrete, or masonry.
- Chipping, hammering, grinding, sawing, and drilling in concrete, brick or rock.
- Abrasive blasting using sand or from the material being blasted such as concrete.
- Crushing loading, hauling, and dumping of concrete or rock.
- Dry sweeping concrete, sand or rock dust.
- Trenching and excavating.

Once crystalline silica dust is inhaled it can potentially result in silicosis. Silicosis is a debilitating respiratory illness which may take years of silica exposure to develop. It can go undetected for years and only a complete work history, chest X-ray, and a lung-function test will determine whether or not a worker has the disease. Symptoms include: shortness of breath, severe cough, fatigue, loss of appetite, chest pains, and fever. Silicosis can also make a worker susceptible to emphysema and tuberculosis.

**Silicosis is not curable** but it is preventable by: controlling dust by using dust-containment systems, ventilation, or wetting down materials; using PPE such as respirators and dust masks; practicing good personal hygiene by washing, showering, regularly changing into clean clothes; never eating, drinking or smoking in dusty areas.

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