

Respirable Crystalline Silica Tool Box Talk

Many common construction tasks generate harmful levels of crystalline silica dust if proper controls are not followed. When silica dust builds up in your lungs, you are at risk of developing lung disease called silicosis. **Silicosis is not curable, but is preventable!** The more you know about silica dust, the better prepared you will be to adequately protect yourself.



RESPIRABLE CRYSTALLINE SILICA – Very small particles generated by high-energy operations like cutting, sawing, grinding, drilling stone, rock, brick and concrete.

Employers Responsibility:

- Measure the amount of silica in the workplace
- Protect workers from silica exposures above the permissible exposure limit Limit workers' access to areas above the PEL
- Use dust controls to protect workers from silica exposures above the PEL Train workers on the dangers and how to limit exposure
- Provide respirators as a last resort
- Restrict housekeeping practices that overexpose
- Establish a competent person and a written exposure control plan
- Offer medical exams for workers exposed at or above PEL for 30 or more days per year
- Keep records of exposure and medical exams