



Asbestos – Tool
Box Talk

Tool Box Talk – Asbestos Awareness	
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Length of Tool Box Talk:	1 Hour
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Asbestos

Asbestos refers to a set of six naturally occurring minerals that have crystallised to form long thin fibres and fibre bundles. The six types are Anthophyllite, Tremolite, Actinolite, crocidolite (blue asbestos) amosite (brown) and chrysotile (white) being the three most common types.

Asbestos was commonly used in building products from the 1950's to 1980's for lagging on pipes, ceiling tiles, floor tiles, fire protection, artex and cement sheets. A lot of asbestos material remains in place and providing it is in good condition and hasn't be damaged or disturbed there is no risk.

However, once it becomes damaged or disturbed tiny asbestos fibres are released into the air which can prove lethal if breathed in, causing lung disease and cancer.

Did you know



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- Inhalation of asbestos fibres can cause cancers of the lung and chest lining, commonly referred to as asbestosis or mesothelioma.
- On average 20 tradespeople die every week (approx. 3000 people every year) from asbestos related diseases.
- There is a long delay between the first exposure to asbestos and the onset of the disease, usually 15-60 years.
- Every tradesperson is likely to encounter asbestos at some point while work
- Asbestos containing materials (ACM) can be in any house or building built before the year 2000
- Asbestos remains in millions of homes, business premises and public buildings today
- Owners of such buildings are required by law to have undertaken an asbestos survey, keep it up to date and make the information available to those working on the fabric of the building.
- Anyone working on building demolition, repair and refurbishment is considered most at risk.
- When done regularly, even small jobs like drilling a hole can expose you to the danger.

How Asbestos can affect you?

- Asbestos breaks into tiny, long sharp airborne fibres. They can get lodged in and scar the lungs, causing asbestosis or fibrosis diseases.
- Asbestos fibres may also cause a form of lung cancer.
- It can also cause mesothelioma, a cancer of the inner lining of the chest wall. This cancer is incurable.



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- Smoking increases the risk of asbestos related diseases developing.

How to Protect Yourself?

Remember It's important to take precautions to protect yourself against asbestos on every job, even the small ones that don't create much dust. Asbestos can be in places that you might not expect, so you could encounter it without knowing.

- Think about asbestos & the risks on every job
- All business premises and public buildings should have a plan showing any asbestos in the building, so ask to see it before you start
- If possible, plan the job to avoid disturbing any asbestos,
- If you think you come across asbestos do not disturb it; stop work, inform your supervisor immediately and cordon off the area to restrict access.
- If it must be disturbed, don't start work until you have double-checked how to do it safely and that you have the right information and training
- If you are working in an area with no known asbestos remain vigilant at all times

Three simple things will help keep you safe when doing asbestos work.

KEEP THE DUST DOWN



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- Wetting materials with a low-pressure water spray with a mixture of eight parts water to one part washing-up liquid before you start a job, and as you work, will reduce the amount of dust created.
- Avoid wetting electrics.
- Use a garden sprayer or a hand-held water spray to make damping down quick and easy
- Keep materials damp but not too wet
- Do not use a hose as this can be high-pressure Where possible, avoid using power tools that create a lot of dust Use plastic sheets to cover your work area to help stop the spread of dust

USE THE RIGHT KIT

- Wearing the right type of mask and overall is important because the wrong ones will not protect you from asbestos.
- Wear a disposable, correctly fitted FFP3 face mask
- Type 5 disposable overalls will stop the tiny asbestos fibres getting on your clothes. Other types of overalls won't
- Don't reuse disposable overalls and masks – dispose of them safely as hazardous waste after you have finished the job. Don't take them home
- Wear the overalls one size too big as it will help prevent ripping at the seams
- Make sure you put the legs of the overalls over the top of your footwear – don't tuck them in as it lets in dust



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CLEAN UP PROPERLY

- It's really important to clean up properly so that you safely remove and dispose of the asbestos waste.
- Before you start the job, cover your work area with plastic sheets to make cleaning up easier
- Clean up as you go to stop waste building up
- Use a damp cloth to wipe down tools and surfaces to remove asbestos fibres
- Don't sweep up or use a domestic vacuum cleaner because this will spread the asbestos fibres into the air. Only a class H vacuum is suitable as this has a special type of filter
- Make sure all waste including masks, overalls, cloths and plastic sheets are double bagged in plastic sacks, sealed with tape and labelled as asbestos waste. Dispose of properly as hazardous waste at a licensed disposal site
- Contact the local tips in your area to find one that accepts asbestos waste

Where Asbestos might be found

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Sprayed asbestos and asbestos loose packing - generally used as fire breaks in ceiling voids.





Moulded or preformed lagging - generally used in thermal insulation of pipes and boilers.



Sprayed asbestos - generally used as fire



<p>protection in ducts, firebreaks, panels, partitions, soffit boards, ceiling panels and around structural steel work.</p>	<p>Insulating boards used for fire protection, thermal insulation, partitioning and ducts.</p>
 <p>Some ceiling tiles</p>	 <p>Millboard, paper and paper products used for insulation of electrical equipment. Asbestos paper has also been used as a fire-proof facing on wood fibreboard.</p>

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Asbestos cement products, which can be fully or semi-compressed into flat or corrugated sheets. Corrugated sheets are largely used as roofing and wall cladding. Other asbestos cement products include gutters, rainwater pipes and water tanks.



Certain textured coatings.





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Vinyl or thermoplastic floor tiles.

Print Forename	Print Surname	Position	Signature
Callum	Ward	Director	<i>Callum Ward</i>



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