



# WEEKLY SAFETY MEETING

## ASBESTOS AWARENESS

Asbestos is a naturally occurring mineral that takes the form of hollow, microscopic fibers which are nearly indestructible. It can be densely packed into a tough, flexible and very useful material, which has been used for hundreds of years as an insulation, fireproofing, and building material. There are three major types of asbestos used in building and industry:

- ✚ Chrysotile, or white asbestos - used as insulation, fireproofing and soundproofing.
- ✚ Amosite, or brown asbestos - used in high friction applications like brake shoes & clutches.
- ✚ Crocidolite, or blue asbestos - not as common as the other two, but the most toxic form.

About 95% of all asbestos used in the U.S. has been chrysotile, the least toxic form of asbestos.

**Where is asbestos found?** Asbestos is often a component in the following materials:

- Fireproofing
- Thermal Insulation
- Boilers
- Building Ventilation Systems
- Ceiling Tiles
- Vinyl Floor Tiles
- Texturized Paints
- Popcorn Ceilings
- Roofing Shingles, Felt, Tar, Flashing
- Decorative Building Materials
- Sheathing on Electronics and Power Cables
- Automotive Brake Pads and Clutches

**When is asbestos a potential health hazard?**

Asbestos that is "friable" may be crumbled, pulverized or reduced to powder in your hand when dry. Friable asbestos has the potential to release Asbestos fibers that can become airborne, and potentially create a health hazard. Asbestos that is bonded, coated, painted, covered, or otherwise protected so that it doesn't release airborne fibers does not present a health hazard.

**What are some health effects that could result from exposure to airborne asbestos fibers?**

- ✚ Asbestosis - a progressive, non-cancerous and irreversible scarring of the lungs that can produce shortness of breath. Typical latency period is over 20 years.
- ✚ Lung cancer - cancerous tumors that have a latency period of 20 to 30 years, usually fatal.
- ✚ Mesothelioma - a cancer in the lining of the chest cavity or abdomen, very rare but always fatal.

**Working Around Asbestos**

- ✚ Laboratory testing is the only method for determining the presence of asbestos in a building material.
- ✚ All building and facility owners are required to have performed building surveys to identify asbestos materials before beginning any demolition or renovation work. Ask to see the survey before starting work so that you know what kinds of asbestos are present, where it is located, and what building systems are known to be constructed of, or covered with asbestos.
- ✚ If no survey is available, all potentially asbestos-containing materials **MUST** be presumed to be asbestos-containing until proven otherwise. This includes ceiling tile, floor tile, roofing, tars and coatings, plaster and spackle, spray-on insulation, thermal system insulation, valve packing, gasket and surfacing materials, brakes and clutches, mastic, putty, cement board, cement pipe and cement panels.
- ✚ If you believe that asbestos materials or asbestos-containing dust and debris are present in your work area, report it to your supervisor immediately and stay clear of the area until the asbestos status of the material has been determined.
- ✚ Only trained and qualified individuals are authorized to inspect, sample, repair and perform housekeeping duties around asbestos containing materials. Only certified asbestos individuals, using protective clothing and special work practices, are permitted to handle asbestos.
- ✚ Employees **SHALL** treat all valve packing, insulation, gasket and surfacing materials, brakes and clutches as an asbestos containing material unless proven by otherwise by laboratory analysis or testing records.
- ✚ If you **MUST** work near asbestos-containing materials, recognize that vibration from drilling and hammering as well as air movement from air cooled tools can disturb or dislodge asbestos fibers.
- ✚ **NEVER** drill into, cut or damage any asbestos-containing material.
- ✚ If asbestos, containing **friable** (easily broken down by hand pressure) materials such as spray-on fireproofing or pipe insulation is present, all dust and debris in the area should be presumed to be asbestos contaminated until proven otherwise. All areas above drop ceilings where friable asbestos is present should be carefully evaluated or cleaned by certified asbestos workers before any other work is performed.

***"Remember, hazardous levels of airborne asbestos fibers cannot be seen by the naked eye. If asbestos is being disturbed, airborne fibers may be present!"***



Meeting Date: \_\_\_\_\_  
Supervisor: \_\_\_\_\_

Trainer: \_\_\_\_\_  
Location: \_\_\_\_\_

**Attendees: (Please print clearly)**

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



# WEEKLY SAFETY MEETING

## ASBESTOS AWARENESS QUIZ

(PLEASE CIRCLE OR FILL IN THE CORRECT ANSWER)

1. Exposure to asbestos can lead to asbestosis and cancer. True or False?
2. Asbestos is:
  - A. A synthetic material
  - B. A natural material found in certain types of rock formations
  - C. A natural occurring material that takes the form of hollow, microscopic fibers
  - D. None of the above
3. Asbestos is found:
  - A. Thermal Insulation, Boilers, Valve Packing, Gasket Materials
  - B. Sheathing on Electronics and Power Cables
  - C. Building Ventilation Systems
  - D. Ceiling and Floor Tiles
  - E. Spray-on Fire Proofing or Pipe Insulation
  - F. All of the above
4. The three primary diseases associated with asbestos exposure include:
  - A. Melanoma, asbestosis, and lung cancer
  - B. Asbestosis, lung cancer, and mesothelioma
  - C. Asbestosis, lung cancer, and diverticulitis
  - D. STDs, lung cancer, and asbestosis
5. Friable asbestos is material that reduces to powder by hand pressure when dry. True or False?
6. Exposure to asbestos fibers can be dangerous because:
  - A. It disrupts the normal functioning of the lungs
  - B. The effects of asbestos exposure are severe and immediate.
  - C. The health effects of asbestos are not fully known.
  - D. Both A and B are correct
7. Any Tom, Dick or Harry can inspect, sample, repair and perform housekeeping duties around asbestos materials. True or False?
8. Any possible asbestos must be properly identified and mitigated **before** work begins. True or False?
9. If you believe your work area may contain asbestos, contact your \_\_\_\_\_ immediately.
10. Drilling, cutting or hammering into asbestos containing materials can expose you to asbestos health risks? True or False?
11. Never drill into, cut or damage any asbestos-containing material. True or False?



Printed Name: \_\_\_\_\_ Trained by: \_\_\_\_\_

Signature: \_\_\_\_\_ Trained by Signature: \_\_\_\_\_

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