

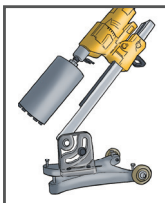
Lots of different activities on site cause dust. Dust can cause a mild irritation to those exposed to it, but if there's constant exposure to it, it could cause much worse effects.



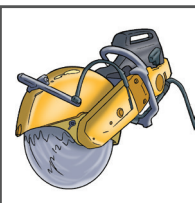
Tools and tasks that cause dust:



SWEEPING



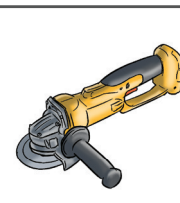
CORING



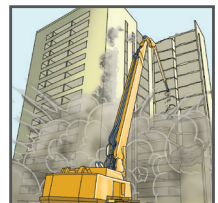
CUTTING



JACK HAMMERING



GRINDING



DEMOLITION

SYMPTOMS AND RISKS



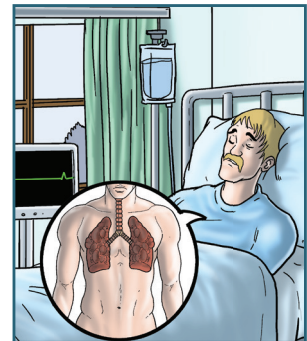
Shortness of breath



Fatigue



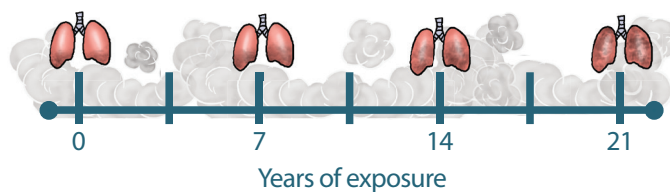
Lung diseases
(asthma and silicosis)



Lung cancer and death



Damage from dust



It can take quite a long time for some of these symptoms to develop, at which case it could be too late already, so it's important to protect yourself from dust now. Even if you don't perform tasks or use tools that create dust, someone else near you might, and could still cause you to inhale dust.

CONTROLS



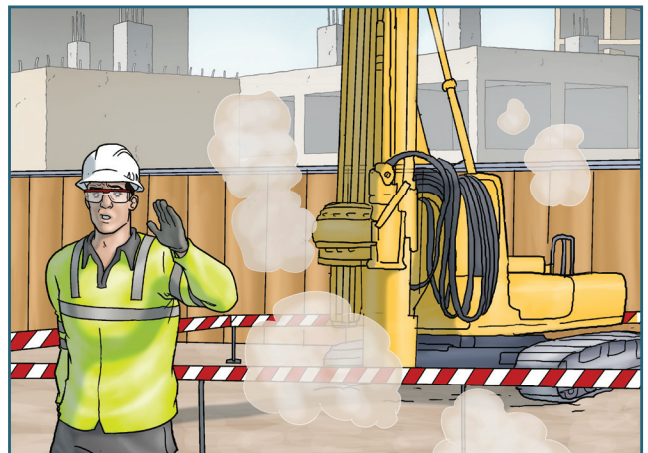
Use electric tools that have on-tool extraction (classed M or H). Make sure the vacuum's pipe is tightly connected to the extraction system and never use a domestic grade vacuum.



Rather than wetting surfaces before cutting them, use tools with water suppression systems.



Try ordering materials already cut to size to reduce cutting on site.



Try avoid working in areas with lots of dust. If possible, only work in the area when the task that's causing the dust is finished.



Get face fitted and be clean shaven before wearing face masks (FFP3 standard) for protection against dust.



Self-checking masks can also be worn. Test to ensure the mask fits tightly against your face by closing the filters and breathing in to see if the mask collapses.