

Silica: Why you want to keep the dust out of your lungs and how to do it

SH-29668-SH6 National Jewish Health

**Name:** \_\_\_\_\_

### **Knowledge Retention and Training Impact Survey**

Thank you for your time in attending our training class. Please complete this survey to help us determine if our training is effective in helping you protect yourself from crystalline silica dust exposure and related health effects. Your assistance will help us to improve our training.

**Job Title:** \_\_\_\_\_

#### **Objective: crystalline silica dust exposure recognition**

1. Silica is in which of the following?
  - Granite, and other types of rock
  - Concrete
  - Some dry wall joint compound
  - All of the above
  
2. Which of the following activities create large amounts of visible and invisible silica dust?
  - Cutting
  - Grinding
  - Dry wall finishing
  - All of the above
  
3. The silica dust that is small enough to get deep into your lungs (respirable silica dust) is too small to see (invisible).
  - True
  - False
  
4. You can have the same amount of invisible silica dust exposure, or even more, from tasks someone else is doing near you - beside you, above you, or below you.
  - True
  - False
  
5. If you see visible silica dust being generated, it probably means the level of invisible silica dust is too high:
  - True
  - False
  
6. For any given task, the dust levels will be higher than the same task done outside
  - True
  - False
  
7. You can check to see if a product you are going to use contains silica by reading the product label and safety data sheet (SDS).
  - True
  - False

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**Objective: Understand the health effects of crystalline silica dust inhalation**

8. Silicosis is a lung disease that develops slowly over years due to the invisible respirable silica dust that gets deep into your lungs, which makes it gradually harder and harder to breathe.
- True
  - False

**Objective: Understand how to control and limit crystalline silica dust inhalation**

9. Which of the following is the best kind of control to lower silica dust in the air?
- Wet cutting
  - Shrouds and HEPA dust collection system
  - Equipment in good working condition
  - All of the above
10. A respirator (mask) needs to have a tight seal to your face in order to keep dust out of your lungs.
- True
  - False
11. Wet methods mean a stream of water is applied to the surface as it is being cut. This is best done using a continuous feed water system that has been built into the equipment.
- True
  - False
12. A handkerchief and one strap mask protect your lungs from invisible silica.
- True
  - False
13. OSHA Table 1 requires use of APF 25 respirators when tuckpointing (hand held mortar routing) is done for more than 4 hours a day. Which of the following are at least APF 25 respirators:
- ½ face elastomeric respirator and full face respirator
  - Powered air purifying respirator and ½ face elastomeric respirator
  - Powered air purifying respirator and full face respirator
  - ½ face elastomeric respirator and a dust mask
14. When should compressed air be used for cleaning up dust that might contain silica?
- To clean surfaces, inside
  - To clean surfaces, outside
  - To clean off clothing at the end of the day
  - Never

**Objective: Understand your rights under OSHA**

Under the Occupational Safety and Health Act, you have a right to:

- Two ten minute breaks and a lunch break
- A safe work place

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- Overtime pay
- Two weeks of vacation

**Objective: Increase exposure control work practices**

16. Since you attended training, have you changed the way you limit exposure to crystalline silica dust to reduce your risk of Silicosis? (**CHECK ALL THAT APPLY.**)

- I use engineering controls such as wet methods **MORE** often.
- I make sure to clean up properly and adequately **MORE** often.
- I make sure others around me are using the proper controls **MORE** often.
- I wear a respirator **MORE** often.

17. Since you attended training, have you changed any of your personal work practices to reduce your exposure to crystalline silica dust?

- Yes, I **HAVE CHANGED** my work practices
- No, I **HAVE NOT CHANGED** my work practices
- No, I **DID NOT NEED TO CHANGE** my work practices

If yes, what changes have been made? \_\_\_\_\_