

# RESPIRABLE CRYSTALLINE SILICA

## WHAT IS RESPIRABLE CRYSTALLINE SILICA?

- Respirable crystalline silica is small particles of silica dust that can be found in many construction materials

## WHY IS IT HAZARDOUS?

- If it travels into your lungs, it can lead to lung disease, cancer, or even death
- The particles are too small to see, so you may not realize the risk

## AM I AT RISK?

- It depends on your exposure:
  - Long-term exposure to small amounts causes harm
  - Short-term exposure to large amounts causes harm
- Risk increases with certain activities, such as smoking

## HOW CAN I REDUCE MY RISK?

1

Follow your company's safety procedures for silica. This can include using specially designed equipment, following job rotation schedules, or wearing provided personal protective equipment (PPE) like masks.

Be educated! Attend safety training and safety briefings

2

3

Participate in screening programs to evaluate your risk.

Don't bring dust home!

4