

# H10 – Toolbox Talk

## Respirable Crystalline Silica

Exposure to respirable silica dust should be prevented where practicable, and must at least be controlled. Breathing in this dust can have both acute and chronic effects, and can cause long-term health problems.

Dusts arise from crushing, screening, cutting, sanding and grinding operations. The effects vary greatly, but over-exposure can cause lung disease in the form of silicosis.

- Contribute to the risk assessment process. Where practicable, plan the tasks to eliminate exposure to silica dust.
- Where elimination is not practicable, exposure to silica dust must be controlled.
- Always follow the safe systems of work.
- Use tools with dust extraction systems if possible.
- Use portable extraction and local exhaust ventilation where practicable.
- As a last resort, use personal protective equipment/respiratory protective equipment. Ensure it is suitable and that you know how to use it properly, and how to maintain it.
- Always remember other workers in the area; they may also require protection.
- Undergo health surveillance. It is provided to help prevent serious illness.
- Participate in training events that we organise as they will help to improve your workplace.
- Remember to co-operate with, and communicate any problems to, your supervisor.

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### Training register

Date .....

Name of attendee	Signature
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