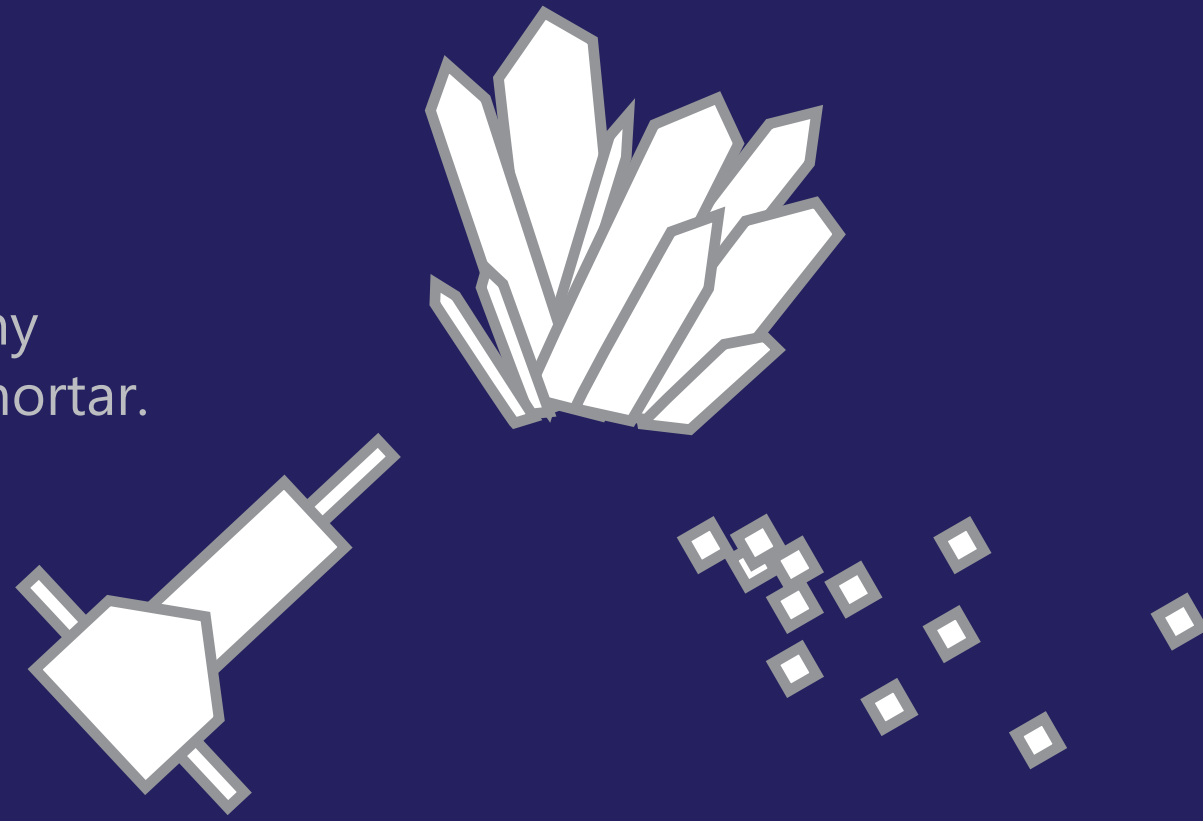


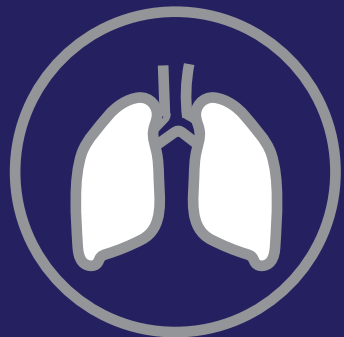
SILICA

Silica is a naturally found mineral that is found in many materials like sand, stone, rock, concrete, brick, and mortar.

Work that involves breaking down stone or other silica-containing products can put you at risk of silica exposure.



ADVERSE HEALTH EFFECTS



Silicosis
Lung Cancer
Respiratory Diseases



Immune Diseases



Kidney Diseases

INDUSTRIES AT HIGH RISK FOR SILICA EXPOSURE

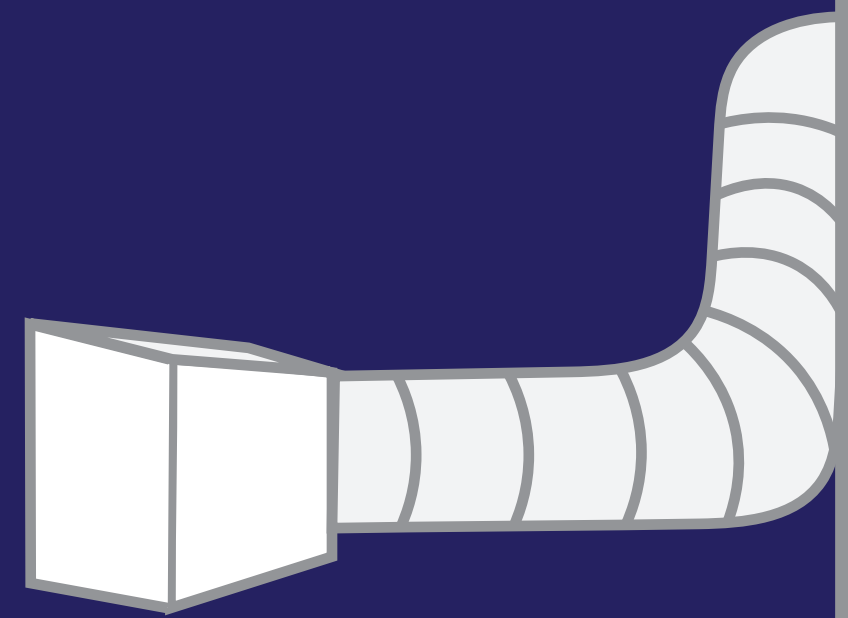
Construction
Manufacturing
Mining
Agriculture
Maritime

WHAT IS SILICOSIS?

Scarring of the lungs caused by silica exposure. Symptoms include cough and breathing difficulties. If left untreated, silicosis can weaken the lungs' ability to fight other diseases, like tuberculosis.

HOW TO PREVENT EXPOSURE

- Employers must provide:
 - Workplace controls, like exhaust ventilation
 - Training on work operations and how to use equipment
 - Personal protective equipment (PPE), like respirators
 - Air monitoring
- Change out of work clothes and shower when leaving the workplace
- Wash hands and face before eating or drinking



PERMISSIBLE EXPOSURE LIMITS

The Occupational Safety and Health Administration (OSHA) has dropped the maximum limit of silica allowed in the air in workplaces to 50 micrograms per cubic meter of air.



WHAT TO DO IF YOU MIGHT HAVE BEEN EXPOSED

- Get annual health checkups and screenings by a doctor with knowledge of occupational health diseases.
- Protect yourself from further exposure.
- Watch out for symptoms, like cough, phlegm, or breathing difficulties.
- Stop smoking! Smoking can further aggravate any problems caused by silica exposure.



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