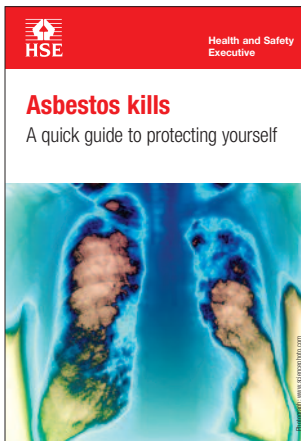


Asbestos kills

A quick guide to protecting yourself



This pocket card is aimed at electricians, plumbers, heating and ventilation engineers, joiners and people working in similar building or maintenance trades.

*This is a web-friendly
version of pocket card
INDG418*

When you finish work:

- Decontaminate - wipe down overalls with a damp rag and remove them before removing your mask.
- Put disposable items (eg overalls) in asbestos waste bags and dispose of them properly.
- Don't take overalls home to wash.

Remember if you are unsure at any time – stop work and seek advice

Further information

- HSE's asbestos web pages at www.hse.gov.uk/asbestos
- *Asbestos essentials* gives guidance on non-licensed work – download it from the asbestos web pages
- *Asbestos dust kills: Protect yourself!* Leaflet INDG419 HSE Books 2007 (single copy free or priced packs of 15 ISBN 978 0 7176 6259 3). www.hse.gov.uk/pubns/indg419.pdf
- HSE's Infoline (see details on back page)

For information about health and safety ring HSE's Infoline
Tel: 0845 345 0055 Fax: 0845 408 9566 Textphone:
0845 408 9577 e-mail: hse.infoline@natbrit.com or visit
the HSE website: www.hse.gov.uk

This pocket card contains notes on good practice which are not compulsory but which you may find helpful in considering what you need to do.

This pocket card is available in priced packs of 25 from HSE Books, ISBN 978 0 7176 6271 5. Single free copies are also available from HSE Books, Tel: 01787 881165.

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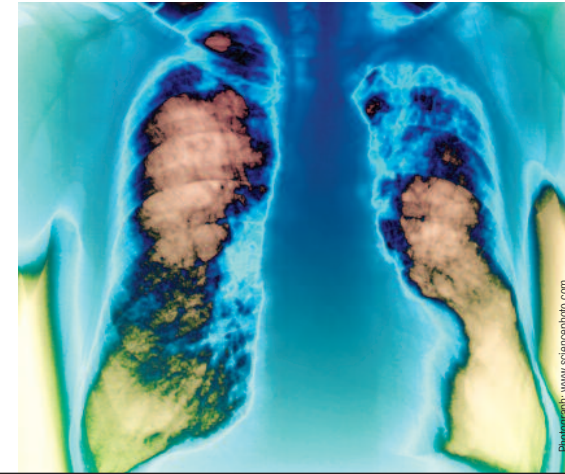


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A quick guide to protecting yourself



Photograph: www.sciencephoto.com

Are you an electrician, plumber, heating and ventilation engineer, joiner or work in a similar building or maintenance trade?

Your future health is still at serious risk from asbestos

- 1000 people who worked in these trades die from cancer every year as a result of breathing asbestos fibres.
- There is **still** a lot of asbestos material in buildings.
- Any building built or refurbished before 2000 is **still** likely to contain asbestos.

You must protect yourself!

Important precautions before you work:

Don't work if:

- you're unsure whether asbestos is present - your boss or the customer should tell you;
- asbestos is present but you have not been trained to work safely with it;
- the asbestos materials present are sprayed coatings, board or lagging on pipes and boilers – only a contractor with a licence should work on these.

Don't disturb asbestos if you can help it

Only work with asbestos if:

- you have had asbestos training, the work is properly planned and the right controls are in place (eg you have the right equipment);
- the materials are asbestos cement, textured coatings containing asbestos or others which do not need a licence.

If you work with asbestos:



Minimise dust: Keep materials damp - not wet.



Minimise dust: Use hand tools - not power tools.



Minimise dust: Clean up as you go – use a special (Class H) vacuum cleaner, not a brush.



Minimise dust: Double-bag asbestos waste and label the bags properly.



Wear suitable disposable overalls and boots without laces or disposable boot covers.



Wear a properly fitted, suitable mask (eg disposable FFP3 type).



If you take a break don't smoke, eat or drink in the work area.