

ASBESTOS



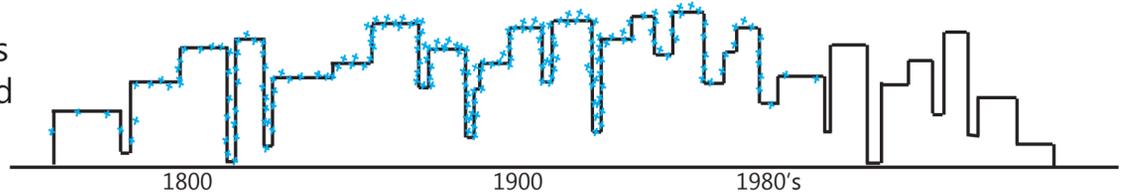
Mount Sinai

Selikoff Centers for Occupational Health

Asbestos is a group of mineral fibers widely used for their heat insulation, fire-stopping, electrical insulation, and sound absorption properties.



Asbestos was used in many building materials until the 1980s, when it started to be removed from new insulating materials.



Even though asbestos is no longer used in new construction, **it can still be found in older buildings.**

HOW CAN ASBESTOS AFFECT MY HEALTH?

SCARRING

Asbestos fibers can be inhaled and travel to parts of the lungs, irritating them and forcing them to create scar tissue. This can happen in:

the lining of the lungs

...or inside the lungs themselves.

Scarring caused by asbestos is called **asbestosis**.



WHAT ARE THE SYMPTOMS OF SCARRING?

The main symptoms of scarring are:

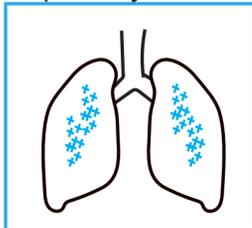
- shortness of breath
- dry cough
- chest pain

but some scarring don't show any symptoms at all.

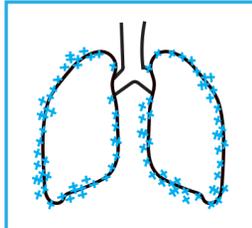
CANCER

Asbestos causes lung cancer and mesothelioma, and has been connected to gastrointestinal cancer.

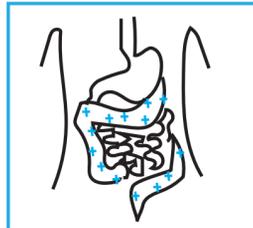
respiratory cancers



mesothelioma



gastrointestinal cancers



Scarring can be detected by **chest x-rays** or **CT scans**; however, it may take **15-25** years after exposure before scarring can be seen on an x-ray.

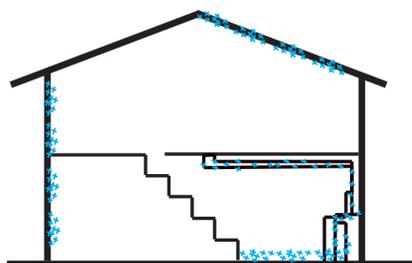


HOW CAN I BE EXPOSED TO ASBESTOS?

Anyone working with or disturbing asbestos-containing materials is **at risk** of exposure.

Asbestos was used in:

- pipe and boiler insulation
- fireproofing of ceilings and beams
- acoustical plaster
- ceiling and floor tiles



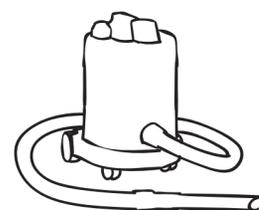
Workers who work with **construction**, **maintenance**, or even **recovery** or **custodial services** may be in contact with asbestos.

Asbestos-exposed workers should be screened annually by a physician with expertise in asbestos-related diseases to detect any health conditions early.

HOW CAN EXPOSURE TO ASBESTOS BE LIMITED?

PERSONAL PROTECTIVE EQUIPMENT (PPE)

Fitted respiratory protection and other PPE should be supplied by the employer to prevent contact with asbestos. However, if asbestos gets on your skin or eyes, wash immediately.



TRAINING

All employees who might be in contact with asbestos must be trained in appropriate methods of asbestos control specific to operations.

WASTE REMOVAL

Regulations on asbestos removal, transportation, and disposal should be followed. If any clothing gets contaminated with asbestos, remove and mark as contaminated.

