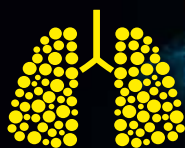


# DON'T BITE THE DUST

- Around **13,000 deaths** every year from occupational lung disease and cancer.
- Construction dust can cause **irreparable damage** to lungs and airways.
- Over **500 deaths** every year from exposure to **silica dust**.
- Around **4,000 deaths** every year from **COPD** due to past workplace exposures.



**DON'T BITE  
THE DUST.**



**WEAR A  
MASK!**

## WORK CANCER: THE FACTS

### WHAT CAUSES CANCER AT WORK?

People are at risk of developing cancer if they are exposed to a carcinogen at work or particular work circumstances. Here are the 10 top causes of cancer deaths at work in the UK:

# 3,909 DEATHS ASBESTOS

Although banned in many countries now, huge quantities still remain from original installation and pose risks when material is disturbed, for example during refurbishment, maintenance or demolition work

## 563 DEATHS

**Mineral oils** – used as lubricants by metal workers, machinists, engineers, in engine maintenance, and other activities, as well as in industries including printing, cosmetics and pharmaceuticals

## 552 DEATHS

Certain types of shiftwork

## 652 DEATHS

**Diesel engine exhaust emissions** – a range of different sectors using equipment from vehicles to generators

## 789 DEATHS

**Respirable crystalline silica** – commonly involved in block-cutting, stone-cutting, crushing, milling and drilling stonework

## 231 DEATHS

**Tetrachlorodibenzodioxin** – found in certain herbicides, as well as in waste incineration, metal production, and fossil fuel and wood combustion



## 184 DEATHS

**Radon** – exposure is often the result of working in environments with high levels of radon, especially cellars and storerooms

## 152 DEATHS

**Welding fumes** can contain carcinogenic compounds

## 249 DEATHS

**Tobacco smoke** (workplace exposures)

## 334 DEATHS

**Painting and decorating products and activities**

Top 10 causes of cancer deaths in the UK, attributable to occupational carcinogens in 2005.  
Source: The burden of occupational cancer in Great Britain (2012), Rushton *et al.*



# CLOUD CONTROL

Each year in Britain, 900 people get lung cancer after breathing in dust from materials such as stone, mortar and bricks.

You make silica dust when you do things like drill, saw, cut, sand or grind stone, concrete, slates, tiles, some plastic composites and many other materials. Tiny amounts of this fine dust can damage your lungs permanently.

- Use the on-tool ventilation device to keep the dust down – even for a quick job
- Wear a respirator if you've been asked to
- Tell your boss if there's a problem with any of the equipment

## WORKING TOGETHER TO BEAT OCCUPATIONAL CANCER

The Institution of Occupational Safety and Health is campaigning to stop thousands of untimely deaths to work-caused cancer – find out more at

**[www.notimetolose.org.uk](http://www.notimetolose.org.uk)**

Don't breathe in dust – cut the risk of emphysema, silicosis and lung cancer



Image: Health and Safety Executive

POL2738H/290216/PDF

Source: iosh NTTL campaign [www.notimetolose.org.uk](http://www.notimetolose.org.uk)



# FACE-FIT TESTING

If the seal between the respirator and the wearer's face is not sufficient, contaminated air will pass through any gaps in the seal. A poor fitting respirator will reduce the level of protection it offers. Fit testing is a way to check that a respirator face-piece matches a person's facial features and seals sufficiently to their face.

## WHAT FACTORS AFFECT FIT?

Faces vary widely in shape, size and proportions and it is unlikely that one particular model of respirator will fit everyone. Other factors affecting the fit are:

- Facial hair – wearers of tight fitting respirators should be clean shaven in the areas of contact with the respirator.
- Eyewear – both prescription spectacles and safety eyewear affect the fit and if worn, should be worn during a fit test.
- Jewellery – in the area of the face seal will probably need to be removed.

## WHICH RESPIRATORS REQUIRE FIT TESTING?

Tight fitting respirators, including:

- Disposable Respirators.
- Reusable Half Masks.

## WHO NEEDS FIT TESTING?

Anyone whose job requires the use of a tight fitting respirator, unless they are used for comfort only, when the level of exposure is below the Workplace Exposure Limit (WEL).

## WHEN SHOULD FIT TESTING BE CONDUCTED?

Ideally when selecting tight fitting respirators, but most importantly before an individual wears the respirator in a hazardous environment. If an untested face-piece is already in use it should be fit tested as soon as possible. The test should be repeated at regular intervals or if:

- The wearer significantly changes weight.
- After major dental work or facial injury.
- A change in respirator type or size.



**SCAN TO SEE THE VIDEO**  
or view the video at:  
<http://bit.ly/Fit2Face>

# FACE-FIT TESTING KIT

Kit includes:

- 1 Hood
- 1 Collar
- 2 Nebulizer (1 Sensitivity, 1 Fit Test)
- 2 Bottles of solution (1 Sensitivity, 1 Fit Test)
- 1 Instruction manual
- 10 Test report forms

Face-fit testing can be used not only as a test method to ensure workers are properly protected, but also as a very effective way of training them in the correct way of fitting a mask. Dust and half masks commonly fail to do the job they are intended to do because of poor fitting and care by the user. The face-fit testing kit is suitable for disposable dust masks and halfmasks only.



Replacement fit test solution available



BPT050-000-000

Face fit test kit

Qty 1