

## ASBESTOS: A GUIDE TO SAFETY AND AWARENESS

Asbestos is a natural mineral with fibrous crystals valued for heat resistance, insulation, and strength. However, its fibers pose serious health risks when inhaled, leading to **severe & often fatal** respiratory diseases.

### How Can I Be Exposed?

Asbestos was commonly used in numerous products, including:



Building  
Material



Automotive  
Components



Electrical  
Insulation



Shipbuilding  
Materials



Cement  
Products



Heat Resistant Clothing  
& Safety Products

### Health Effects of Asbestos Exposure

Asbestos is dangerous when its fibers are inhaled. These fibers can become embedded in the lungs and cause serious health problems.



Asbestosis



Mesothelioma



Lung Cancer



Pleural Plaques

While the Occupational Safety and Health Administration (OSHA) has established legally permissible exposure limits (PELs) for asbestos to protect workers, **there is no safe level of asbestos exposure.**



## ASBESTOS DETECTION, REMEDIATION, & REMOVAL

### Protecting Yourself from Asbestos Exposure



#### Identify potential asbestos locations:

Asbestos was commonly used in insulation, flooring, roofing, siding, and various other building materials due to its heat resistance and strength. Avoid activities that can release asbestos fibers into the air, such as sanding, drilling, or tearing



#### Use Personal Protective Equipment (PPE):

When working with or around asbestos, you should wear a NIOSH-approved respirator equipped with a high-efficiency particulate air (HEPA) filter. Additionally, wear disposable coveralls, gloves, and eye protection to prevent asbestos fibers from contacting your skin and eyes.



#### Maintain Proper Ventilation:

To improve ventilation in areas where asbestos might be present, increase airflow by opening windows and doors. Consider using fans to circulate air and help reduce the concentration of asbestos fibers.



#### Clean Up Properly:

Before cleaning up any asbestos-containing materials, wet them thoroughly to prevent the release of fibers. When collecting asbestos debris, always use a vacuum specifically equipped with a HEPA filter.



### SEEK PROFESSIONAL HELP FOR ASBESTOS REMOVAL!

If you suspect the presence of asbestos in your home or workplace, consult with a licensed asbestos abatement professional for proper removal and disposal.

