

CN5

COSHH essentials in construction: Silica



The Control of Substances Hazardous to Health Regulations 2002 (COSHH) require employers to ensure that exposure is prevented or, where this is not reasonably practicable, adequately controlled. This guidance gives practical advice on how this can be achieved by applying the principles of good practice for the control of exposure to substances hazardous to health, as required by COSHH.

It is aimed at people whose responsibilities include the management of substances hazardous to health at work (eg occupational health specialists, anyone undertaking COSHH assessments, supervisors and is also useful for trade union and employee safety representatives). It will help you carry out COSHH assessments, review existing assessments, deliver training and supervise activities involving substances hazardous to health.

This guidance is issued by the Health and Safety Executive. Following the guidance is not compulsory, unless specifically stated, and you are free to take other action. But if you do follow the guidance you will normally be doing enough to comply with the law. Health and safety inspectors seek to secure compliance with the law and may refer to this guidance.

See Essential information near the end of the sheet.

Small scale clearing of rubble, dust and debris

Control approach Engineering and RPE

What this Sheet Covers

This sheet describes good control practice for small scale clearing of rubble, dust and debris.

It covers the key points you need to follow to reduce exposure to an adequate level. Follow all the points, or use equally effective measures.

Hazards

- ✓ This type of work can create very high levels of dust.
- ✓ The dust may contain respirable crystalline silica (RCS).
- ✓ Breathing this dust can cause serious lung diseases like silicosis, chronic obstructive pulmonary disease (COPD) and even lung cancer.
- ✓ These diseases cause permanent disability and early death.
- ✓ Skin contact with dusts and prolonged or frequent contact with water may cause dermatitis.
- ✓ A good standard of control is needed because the risk to health can be high.



Before starting

- ✓ Before starting work consider:
 - Can you design/plan the work to limit waste materials?

Access to work area

- ✓ Allow access to authorised and appropriately trained people only.
- ✓ Limit the number of people near the work.

Equipment and procedures

Removing minor/one-off amounts

- ✓ Use a means of damping down, eg a water spray.
- ✓ Use a brush, shovel and bucket to remove dampened material.

Regular removal/site cleaning

- ✓ Use a means of damping down, eg a water spray.

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- ✓ Use a rake, shovel and bucket/wheelbarrow to remove larger pieces from finer dust.
 - ✓ Use an M or H class extraction/vacuum unit for finer material.
 - ✓ Use the correct attachments, hoses and connections.
 - ✓ Hose connections should be tight fitting and secure without obvious leaks.
 - ✓ Consider using mechanical ventilation to get fresh air into restricted working places for soft strip demolition and similar long duration work.

For all small scale cleaning (where applicable)

- ✓ Stop dust getting in the air. Try and avoid stirring up the dust when using hand tools, use a rake to remove larger pieces from finer dust. Do not dry brush or use compressed air.
- ✓ Clean as you go, do not let debris build up.
- ✓ When damping down larger debris make sure the material is thoroughly wetted and there is enough water to do this.
- ✓ Vacuum filters may be affected by vacuuming damp dust. Check with manufacturer/supplier that they are appropriate for this type of use.
- ✓ Position cable safely to limit trip risks.
- ✓ Make sure the electricity supply is safe to use.
- ✓ Make sure the waste collection bag gets emptied regularly.
- ✓ Cover any skips and chutes and, where possible, minimise the height material is dropped from.
- ✓ Rotate those doing the work where it continues for a long time.

Respiratory protective equipment (RPE)

- ✓ Provide RPE for longer duration work, including soft strip demolition, and in restricted working places.
- ✓ Provide RPE with a UK Standard Assigned Protection Factor (APF) of at least 20.
- ✓ Fit testing is required for RPE with a tight fitting face seal.
- ✓ Workers wearing tight fitting RPE should be clean shaven, trained how to fit it properly and how to look after it.
- ✓ Tell workers to discard disposable RPE at the end of the shift, or sooner if their RPE becomes blocked with dust.
- ✓ Change the filters on non-disposable respirators in accordance with manufacturers' recommendations and if:
 - the shelf-life expiry date has passed;
 - they are damaged or visibly contaminated; or
 - they become harder to breathe through.
- ✓ Examine and test non-disposable RPE thoroughly at least once every month.
- ✓ Tell workers to check RPE is working properly before every use.
- ✓ If RPE is required for extended periods, eg longer than 1 hour continuously, use powered respirators.
- ✓ Keep RPE clean and store it in a clean place.

Personal protective equipment (PPE)

- ✓ Provide coveralls that do not retain dust.
- ✓ Ask your safety clothing supplier if you need advice on selecting suitable protective equipment.
- ✓ Provide storage for PPE to prevent damage or contamination when not in use.
- ✓ Keep any PPE cleaned and replace at recommended intervals.

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- ✓ Use a contract laundry or a suitable equivalent to wash work clothing. Don't allow workers to do this at home.

Personal decontamination and skin care

- ✓ Provide warm water, mild skin cleansers, and soft paper or fabric towels for drying. Avoid abrasive cleansers.
- ✓ Provide pre-work skin creams, which will make it easier to wash dirt from the skin.
- ✓ Provide after-work creams to replenish skin oils.

Maintenance, examination and testing

- ✓ Keep all equipment used for the task in effective working order. Maintain it as advised by the supplier.
- ✓ Regularly look for signs of damage to attachments, hoses or vacuum cleaner – pay particular attention to filters and warning devices.
- ✓ Keep records of all examinations for at least 5 years.

Health surveillance

- ✓ Provide health surveillance for silicosis where there is a reasonable likelihood that silicosis may occur in your workplace. See G404.
- ✓ Provide health surveillance for dermatitis where there is a reasonable likelihood that dermatitis may occur in your workplace. See G403.

Training and supervision

- ✓ Tell workers about the hazards associated with their work.
- ✓ Provide workers with training on:
 - working safely with hazardous substances;
 - when and how to use controls;
 - how to check they are working.
- ✓ Have a procedure to check that control measures are in place and being followed.
- ✓ Involve managers and supervisors in health and safety training.

Essential Information

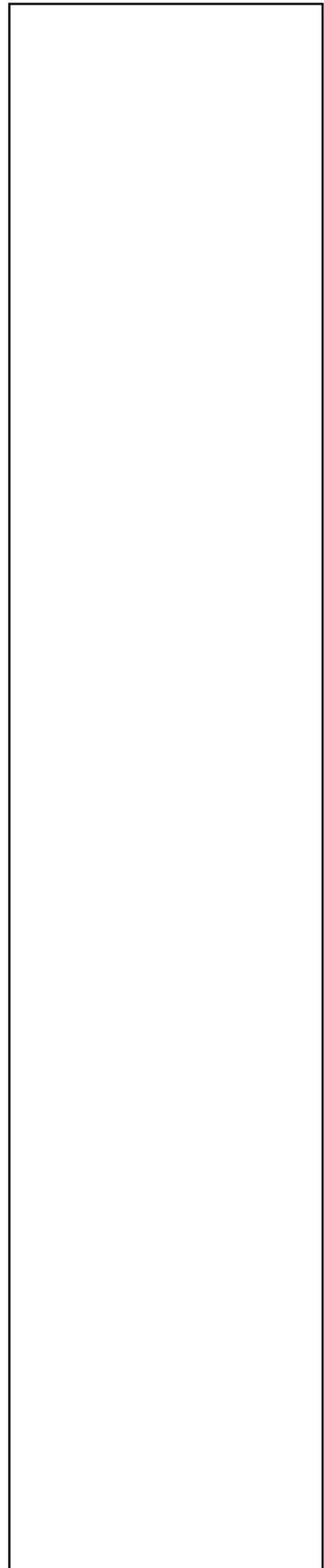
You can find the full COSHH essentials series at www.hse.gov.uk/coshh/essentials/index.htm

Advice for managers COSHH Guidance Sheet CN0
www.hse.gov.uk/pubns/guidance/cn0.pdf

Health surveillance, monitoring and sampling sheets are available at www.hse.gov.uk/pubns/guidance/gseries.htm

Health surveillance for occupational dermatitis COSHH Guidance Sheet G403 HSE 2011 www.hse.gov.uk/pubns/guidance/g403.pdf

Health surveillance for silicosis COSHH Guidance Sheet G404 HSE 2011 www.hse.gov.uk/pubns/guidance/g404.pdf



Further information

Occupational Safety and Health Consultants Register www.oshcr.org/

For more information on construction dust risks and controls see www.hse.gov.uk/construction/healthrisks/

Construction dust Construction information sheet CIS36 (rev2) HSE 2013 www.hse.gov.uk/pubns/cis36.htm

Controlling construction dust with on-tool extraction Construction information sheet CIS69 HSE 2013 www.hse.gov.uk/pubns/cis69.htm

Respiratory protective equipment at work: A practical guide HSG53 (Fourth edition) HSE Books 2013 www.hse.gov.uk/pubns/books/HSG53.htm

Controlling airborne contaminants at work: A guide to local exhaust ventilation (LEV) HSG258 HSE Books 2011 www.hse.gov.uk/pubns/books/hsg258.htm

For information about health and safety, or to report inconsistencies or inaccuracies in this guidance, visit www.hse.gov.uk/. You can view HSE guidance online and order priced publications from the website. HSE priced publications are also available from bookshops.

Employee checklist

- Are you sure about safe work procedures?
- Is the equipment in good condition and working properly?
- Is the extraction working?
- Look for signs of leaks, wear and damage every day.
- If you find any problems, tell your supervisor. Don't just carry on working.
- Wash your hands before eating, drinking, smoking, using the lavatory and after work.
- Co-operate with health surveillance.
- Use, maintain and store any PPE provided in accordance with instructions.

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