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8 KEY THINGS FOR WORKERS TO KNOW / 8 PANGUNAHING BAGAY NA DAPAT MALAMAN NG MGA MANGGAGAWA

Controlling silica dust in the workplace / Pagkontrol sa silica dust sa lugar na pinagtatrabahan

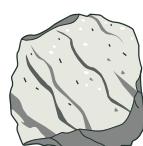
- Silicosis is a permanent lung disease.
- Workers manufacturing engineered/artificial stone kitchen benches have died from silicosis.
- Silicosis is caused by breathing tiny particles of respirable crystalline silica (RCS) dust into the lungs.
- RCS is a known cause of cancer.
- RCS dust is created when materials containing crystalline silica are cut, ground, drilled, sanded, or polished.
- **Silicosis is preventable.**
- Ang silicosis ay permanenteng sakit sa baga.
- May mga manggagawang nagmamanupaktura ng engineered/artipisyal na gawa sa batong kitchen bench ang namatay dahil sa silicosis.
- Ang silicosis ay sanhi ng paglanghap ng maliliit na particle ng respirable crystalline silica (RCS) dust sa baga.
- Ang RCS ay kilalang nagsasanhi ng cancer.
- Nagagawa ang RCS dust kapag ang mga materyal na naglalaman ng crystalline silica ay pinutol, giniling, binarena, ginawang mistulang buhangin, o pinakinis.
- **Maiwasan ang silicosis.**

RCS dust can be eliminated by using products that do not contain silica. For example, metallic shot, slag products, or grit instead of sand for abrasive blasting.

Mababawasan ang RCS dust sa pamamagitan ng paggamit ng mga produktong hindi naglalaman ng silica. Halimbawa, metallic shot, mga slag na produkto, o grit sa halip na buhangin para sa abrasive blasting.

There are some things your business/employer can do to minimise the risks of silica dust:

May ilang bagay na magagawa ang iyong negosyo/employer para mabawasan ang mga panganib ng silica dust:

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| Substitution | ① | Use natural stone like marble and limestone. These have a much lower silica content than engineered/artificial stone (as low as 2% compared to 90%). |  |
| Pagpapalit | | Gumamit ng natural na bato gaya ng marble at limestone. Mas kaunti ang silica ng mga ito kaysa sa engineered/artipisyal na bato (2% kumpara sa 90%). | |

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| Dust control | 2 | Control dust with on-tool water suppression and/or on-tool extraction and using an H-class vacuum cleaner fitted with HEPA filtration when cleaning up. |  |
| Pagkontrol sa dust | 3 | Kontrolin ang dust gamit ang on-tool water suppression at/o on-tool extraction at gamit ang H class vacuum cleaner na may HEPA filtration kapag nilinis. | |
| | | Choose equipment and machinery with good dust control and dust collection systems. If in doubt, contact the manufacturer. | |
| Administrative control | 4 | Schedule potential high-exposure work for times when there are fewer workers and others around (eg breaks or after normal working hours). |  |
| Pang-administratibong pagkontrol | 4 | I-schedule ang potensyal na trabahong may mataas na exposure para sa mga pagkakataong may mas kaunting mga manggagawa at ibang tao sa paligid (hal. mga break o pagkatapos ng mga karoniwang oras ng trabaho). | |
| Personal protective equipment (PPE) | 5 | Provide PPE (eg overalls, gloves and suitable respiratory (breathing) protection) in accordance with the Standards and ensure workers know how to wear, use and store it correctly. Ensure workers are fit tested for any respirator they wear that requires a seal against the face. |  |
| Personal protective equipment (PPE) | 5 | Magbigay ng PPE (hal. mga overall, gloves at naaangkop na proteksyon sa respiratory (paghinga)) alinsunod sa Mga Pamantayan at siguruhing alam ng mga manggagawa kung paano ito isuot, gamitin at iimbak nang tama. Tiyaking nasubukan ng mga manggagawa ang respirator na isusuot nila na kailangang ilapat sa mukha. | |

There are some things you, as a worker, can do to minimise the risks of silica dust:

May ilang bagay na magagawa mo, bilang manggagawa, para mabawasan ang mga panganib ng silica dust:

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| Personal protective equipment (PPE) | 6 | Wear, use and store PPE correctly and let the business know if it no longer works (eg if it no longer fits properly or is broken). When wearing a respirator that requires a seal against the face, you must be clean shaven to ensure it fits properly, because facial hair or stubble will adversely affect the seal. | A dark grey jumpsuit with a high collar and multiple pockets on the chest and hips, representing work clothes. |
| Personal protective equipment (PPE) | 7 | Isuot, gamitin at iimbak ang PPE nang tama at ipaalam sa negosyo kung hindi na ito magagamit (hal. kung hindi na ito kasya o sira na). Kapag magsusuot ng respirator na kailangang ilapat sa mukha, dapat ay nakapag-ahit ka para matiyak na magkakasya ito, dahil maaaring maapektuhan ng bigote o balbas ang selyo. |  |
| | | Leave dust-covered work clothes at work to be cleaned. Do not wear them home. | |
| | | Iwan ang mga damit na nabalutan ng dust para malinis. Huwag isuot sa bahay. | |
| Personal hygiene | 8 | Wash hands before eating, drinking or smoking. Wash up before leaving work at the end of the day. |  |
| Pangangalaga sa katawan | 8 | Maghugas ng kamay bago kumain, uminom o manigarilyo. Maligo bago umalis sa trabaho sa pagtatapos ng araw. | |

If you have concerns about exposure to silica dust, talk to the business/employer, Health and Safety representative, or other representative.

Kung mayroon kang mga alalahanin tungkol sa pagkaka-expose sa silica dust, kausapin ang negosyo/employer, kinatawan ng Kalusugan at Kaligtasan, o ang iba pang kinatawan.