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8 KEY THINGS FOR WORKERS TO KNOW / 8项员工关键须知

Controlling silica dust in the workplace / 工作场所的矽尘控制



- 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 dust is created when materials containing crystalline silica are cut, ground, drilled, sanded, or polished.
- **Silicosis is preventable.**
- 矽肺是一种永久性肺病。
- 生产合成/人造石质厨房台面的员工有死于矽肺的先例。
- 矽肺是由于肺部吸入微小结晶矽尘引起的。
- 切割、研磨、钻孔、打磨或抛光含有结晶矽的材料时，会产生可吸入结晶矽尘。
- 矽肺是可以预防的。



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.

使用不含矽的产品可以消除可吸入结晶矽尘。例如：喷砂时使用金属喷砂、矿渣产品或粗砂，而不是细砂。

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



您的企业/雇主可以采取一些措施来尽量减少矽尘产生的风险：

Substitution 替换	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%). 使用天然石材，如大理石和石灰石。这些石材的矽含量远低于合成/人造石(低至2%，而后者含量达90%)。	
Dust control 防尘	2 Control dust by on-tool water suppression and/or on-tool extraction and using an H-class HEPA-filtered vacuum cleaner when cleaning up. 通过喷水工具抑制和/或吸尘工具控制粉尘，并在清理时使用H级HEPA吸尘器。	
	3 Choose equipment and machinery with good dust control and dust collection systems. If in doubt, contact the manufacturer. 选购具有良好防尘功能和集尘系统的设备和机器。如有疑问，请与生产商联系。	

<p>Administrative control 防尘措施管理</p>	<p>4</p>	<p>Schedule potential high-exposure work for times when there are fewer workers and others around (eg breaks or after normal working hours). 在员工和其他人较少的时间(例如:休息或正常工作时间之后)安排接触粉尘较多的工作。</p>	
<p>Personal protective equipment (PPE) 个人防护装备</p>	<p>5</p>	<p>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. 根据标准提供个人防护装备(例如:工作服、手套及合适的呼吸保护装置)并确保员工了解正确佩戴、使用和存放装备的方式。确保员工对其佩戴的呼吸器进行面部密封的测试。</p>	

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

作为员工,可以采取一些措施来尽量减少矽尘产生的风险:

<p>Personal protective equipment (PPE) 个人防护装备</p>	<p>6</p>	<p>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. 正确佩戴、使用和存放个人防护装备,并通知企业有关失效的装备(例如:不再密封或已破损)。当佩戴需要密封面部的呼吸器时,必须剃净胡须以确保其正确贴合,因为面部胡须会影响密封。</p>	
<p>Personal hygiene 个人卫生</p>	<p>7</p>	<p>Leave dust-covered work clothes at work to be cleaned. Do not wear them home. 员工应把沾满粉尘的工作服留在工作场所进行清洗。不要在家中穿戴。</p>	

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

如果您担心接触矽尘,请咨询企业/雇主、健康与安全代理或其他代表。