
Asbestos

What does this presentation cover?

- Where asbestos is **found**
- **Risks** relating to asbestos
- **Effects** of asbestos
- **Working** with asbestos
- Accidental **exposure** to asbestos



Where is asbestos found?

Asbestos was extensively used as a **building material** in the UK from the **1950s** through to the **mid-1980s**

It was used for a variety of purposes and was ideal for **fireproofing** and **insulation**

Any building or common materials used in the building trade **before 2000** can contain asbestos.



Risks Relating to asbestos

- Asbestos is not a cause for concern unless the fibres become **airborne**
- A key factor in the risk of developing an asbestos-related disease is the total number of fibres **breathed in**
- Repeated **occupational exposures** can cause a substantial exposure build up over time which increases the risk of developing an asbestos-related disease in the future
- Asbestos-related diseases are **lung diseases** which can be serious



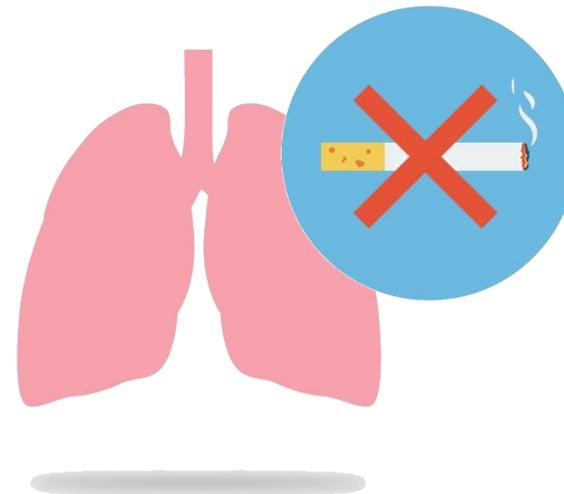
Asbestos fact

Asbestos materials in good condition are safe, only becoming **unsafe** when the fibres become **airborne**, which happens when materials are **damaged or worked on**.



Effects of asbestos

- Asbestos related diseases won't affect you immediately as there is a long latency period meaning it can take up to **15 – 60 years** for any symptoms to develop after exposure
- You need to **protect** yourself now to prevent future health problems
- It is also important to remember that people who smoke and are exposed to **respiratory hazards** such as **asbestos** are at a much **greater risk** of developing lung disease



Working with asbestos

- The **law requires** any work with asbestos to be strictly monitored
- This falls into **two categories** of **licensed** and **non-licensed** work with both having specific legal requirements
- Please refer to the HSE website – www.hse.gov.uk/asbestos for more information
- The **asbestos e-learning** is a mandatory requirement and must be undertaken by all Network Rail employees. The training can be located via oracle.



Accidental exposure

In line with our Lifesaving Rules, ensure you are competent and have all required plans / permits prior to starting work.



Never undertake any job unless you have been trained and assessed as competent.



Always be sure the required plans and permits are in place, before you start a job or go on or near the line.

If you believe you have been accidentally **exposed** to asbestos... **DON'T PANIC**



Accidental exposure



Inform your manager and who may refer you to occupational health



Participate in an occupational health assessment where deemed necessary



If an exposure has been verified, make sure that the incident is reported using an accident form



Remember

- Asbestos is not a cause for concern unless fibres become **airborne**
- Developing an asbestos-related disease is related to the amount of **exposure** to asbestos which can build over time
- Smoking can **increase** the risk of you developing lung cancer
- For more **information** visit **Health and Wellbeing portal**, **Safety Central** or the occupational health and wellbeing pages on **Connect**

