



SILICA DUST: HOW MUCH SILICA?

WORKING TOGETHER TO BEAT OCCUPATIONAL CANCER

BRICK
UP TO 30%



TILE
30-45%

GRANITE
20-45%

**CONCRETE/
MORTAR**
25-70%



Plastic composites
19-90%



SANDSTONE
70-90%

SHALE
40-60%

SLATE
20-40%

www.notimetolose.org.uk/networkrail

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The approximate ranges for the amount of crystalline silica found in materials (based on Health and Safety Executive data)



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POL3528/0160516/SL



SILICA DUST: FAST FACTS

WORKING TOGETHER TO BEAT OCCUPATIONAL CANCER



**15 PEOPLE
A WEEK
DIE FROM
SILICA DUST
EXPOSURE
AT WORK IN
BRITAIN**



900
PEOPLE GET
LUNG CANCER
FROM
SILICA DUST
A YEAR IN
BRITAIN

7,000
PEOPLE GET
LUNG CANCER
FROM
SILICA DUST
A YEAR IN THE EU

Don't breathe in dust – cut the risk of emphysema, silicosis and lung cancer



The most you should breathe in during a day after using the right controls is shown next to the coin. This is one 40,000th of a teaspoon of silica dust*

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*Based on a teaspoon of silica dust weighing 4g. One 40,000th represents 0.1 mg/m³, the British workplace exposure limit for silica. Limits vary from country to country.



THE TELLTALE SIGNS OF LUNG CANCER

WORKING TOGETHER TO BEAT OCCUPATIONAL CANCER



KNOW THE POTENTIAL SYMPTOMS OF LUNG CANCER, ESPECIALLY IF YOU ARE OR HAVE BEEN A SMOKER OR HAVE WORKED WITH DUSTS SUCH AS SILICA.

- a persistent cough for more than a few weeks or a change in a cough you have had for some time
- coughing up phlegm with spots of blood in it
- shortness of breath
- a pain in the chest or shoulder that won't go away
- appetite loss
- fatigue
- sudden or unexpected weight loss



**15 PEOPLE
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AT WORK IN
BRITAIN**

MOST OF THE
43,000
LUNG CANCERS
DIAGNOSED EACH
YEAR IN THE UK
ARE DOWN
TO SMOKING,
BUT ABOUT
900 CASES
ARE CAUSED BY
EXPOSURE TO
SILICA DUST
AT WORK

Lung cancer has a **low survival rate** because over two thirds of patients are diagnosed late, when treatment to cure it isn't possible.

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