



In association with



GRAB CARD 01

WHAT'S THE DAMAGE?



Follow the campaign at twitter.com/_NTTL
www.notimetolose.org.uk/networkrail




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GRAB CARD 02

WHERE IS SILICA FOUND?



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GRAB CARD 03

WHAT IS SILICA DUST?

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GRAB CARD 04

WHAT MAKES SILICA DUST?

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GRAB CARD 05

WHICH OF THESE IS RIGHT?

- You won't get lung damage if you blow your nose after breathing in dust
- I'm OK if I'm working outside
- The work I'm doing only takes a short time so I'll be fine
- The dust will clear quickly

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GRAB CARD 06

ARE ALL DUSTS THE SAME?

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GRAB CARD 07

HOW SMALL IS SILICA DUST?

The same size as...

- a grain of salt
- a grain of beach sand
- a full stop at the end of a sentence
- a grain of tree pollen?

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GRAB CARD 08

HOW CAN SILICA DUST HARM OUR HEALTH?



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GRAB CARD 09

HOW MANY PEOPLE DIE FROM CANCER CAUSED BY SILICA DUST A YEAR IN BRITAIN?

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GRAB CARD 10

HOW CAN WE CONTROL EXPOSURE?

1. Use an enclosure or hood to contain the dust and local exhaust ventilation to suck dust away as it's created
2. Wet down the work to keep dust levels lower
3. Use a safer product, for example olivine in abrasive blasting
4. Wear a suitable mask to stop dust getting into your lungs
5. Cut down on how much silica dust is produced in the first place, for example by planning in recesses for pipework and wiring on a new building
6. Fit and use on-tool dust extraction devices to hand-held tools to keep dust out the air

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GRAB CARD 11

WHY DO WE HAVE TO WEAR A MASK?



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GRAB CARD 12

WHAT DO WE NEED TO DO WITH OUR MASK?



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GRAB CARD 13

WHAT IS A 'WORKPLACE EXPOSURE LIMIT'?



Silica dust



Follow the campaign at twitter.com/_NTTL
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Print card at 100 per cent to protect proportions.




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GRAB CARD 14

WHAT CAN WE DO TO MAKE THINGS BETTER?

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GRAB CARD 15

**IS SILICA DUST CONTROLLED
PROPERLY HERE?
IF NOT, WHY?**

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GRAB CARD 16

WHAT ARE WE GOING TO DO DIFFERENTLY?

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