

DON'T MESS WITH



ASBESTOS

Monterey Bay Unified Air Pollution Control District

Workers

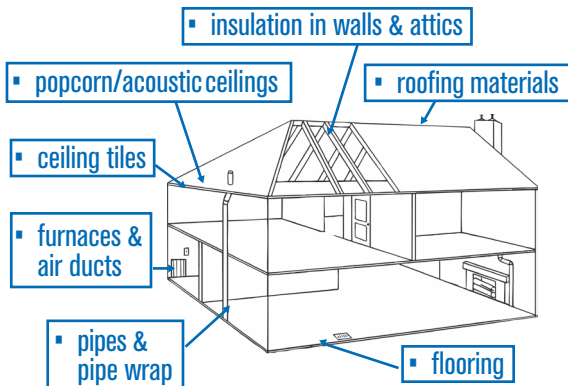
What is asbestos? When is it dangerous?



Asbestos is a health hazard for you and your co-workers. It is a mineral fiber that has been used in many building materials. There is no known safe level of exposure to asbestos. All asbestos should be avoided. If asbestos is left undisturbed, it is not likely to harm you — **so don't mess with it!** When asbestos fibers are inhaled, they can be extremely dangerous. Inhaled asbestos fibers can remain in the lungs for a long time. It can take 15-40 years after exposure to asbestos for cancer or respiratory diseases to develop.

Where is asbestos found? Know what to look for.

Asbestos cannot be detected by sight. Materials must be tested for asbestos by a lab. Ask whether the material you are working on has been tested. Asbestos has been added to a variety of products to strengthen them, provide insulation and add fire resistance. You may find many of these products still in use. Some common products where asbestos was used include:



WHEN IN DOUBT, CHECK IT OUT.

How to protect yourself.

If asbestos must be handled, during remodeling or construction, the work needs to be done by workers trained in the proper procedures or a certified asbestos removal company. Workers need to wear protective suits and respirators. A dust mask does not provide adequate protection from asbestos fibers. Remember, asbestos fibers are most dangerous to your health when they are dry and become airborne.

Know your rights. What to do and who to call if you think your company isn't protecting your health.

If you are demolishing or remodeling a building, particularly if the structure was built before 1980, ask whether the building contains asbestos. If you have a question about asbestos

waste management, contact your local County Department of Environmental Health. The Monterey Bay Unified Air Pollution



Control District must be notified in writing prior to working on commercial buildings and many residential structures that contain a specified amount of asbestos. The MBUAPCD can be reached at 831-647-9411. If you believe a project could be endangering your health, you can contact Cal-OSHA at 510-794-2521, or visit their Web site at <http://www.dir.ca.gov/dosh/Complaint.htm>.

For more information on asbestos, visit www.mbuapcd.org or call the Monterey Bay Unified Air Pollution Control District at 831-647-9411.