

BE IN THE DRIVER'S SEAT OF RESPIRATORY SAFETY

ADEQUATE RESPIRATORY PROTECTION

Silica Dust - RCS Dust - Chemical Fumes - Organic Vapour

Workers in the construction industry are commonly exposed to compounds that put them at risk of developing respiratory injury, dysfunction and occupational disease. These conditions can have drastic consequences, including incurable chronic disease or terminal conditions such as cancer or respiratory failure.

How can workers protect themselves?

Combining the use of a Respirator, with exposure control and engineering methods, place the worker in the driver's seat of respiratory safety. Read the following table for a simple example of how combining PPE and control methods increases the level of worker protection.

RESPIRATORY PROTECTION	EXPOSURE CONTROL	ENGINEERING CONTROL
Use a full or half mask respirator, with valid fit test	Use Tyvek suit while grinding or chipping concrete, spraying/mixing ceiling texture	Use a vacuum attachment while grinding concrete
Paper dust mask (inadequate respiratory protection)	Wash hands and face during breaks and before leaving work	Use water to dampen dust while cutting chipping, grinding or sweeping concrete
Understand the exposure risk and practice the appropriate controls prior to working	Have a change of clothes available at end of shift to eliminate secondary exposure	Discuss additional exposure control methods with site CSO if required.
	Work outdoors or in ventilated workspaces	
	If practicable, limit exposure tasks to 4 hours out of every 8 hours worked	

CHOOSING THE RIGHT RESPIRATORY PROTECTION



This half mask respirator offers rated protection from particulates, silica and organic vapour. The wide range of protection offered by this respirator and cartridge combination make it a great choice for workers that will encounter a wide range of compounds through the course of regular duties.



Paper dust masks are commonly used in place of a respirator. They offer minimal protection from particulates and offer NO protection from silica, asbestos, organic vapour or RCS dust.

Paper dust masks do not offer protection from harmful compounds and will not prevent respiratory injury.

Be in the driver's seat of respiratory safety and wear a respirator.



This half mask respirator combination is used when dealing with moderate/heavy chemical exposure through the course of regular duties.

Chemical exposure can cause headaches, dizziness, nausea, weakness and loss of focus. Due to these exposure risks, when working with chemicals it is important to ensure the cartridge is rated for chemical compounds and not particulates.

MAKING INFORMED CHOICES ABOUT RESPIRATORY PROTECTION IS IMPORTANT IN PREVENTING RESPIRATORY INJURY.

ANY QUESTIONS ABOUT RESPIRATORY PROTECTION CAN BE ADDRESSED BY THE ARKAY SAFETY COORDINATOR BY EMAIL SAFETY@ARKAYCONTRACTING.COM OR BY PHONE

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