

# Preventing Silicosis Infographic

## Silicosis



**Protect Yourself  
Silica Exposure Workplace Hazards**

**What is Silicosis?**  
Silicosis is an occupational disease in the **lungs** brought on by exposure to **Crystalline Silica**.

**What is Crystalline Silica?**  
Very small particles at least **100 times smaller** than ordinary sand you might encounter on beaches and playgrounds. Also Known as Respirable Crystalline Silica.

**What Causes RCS?**  
Respirable crystalline silica can occur when cutting, sawing, grinding, drilling, and crushing stone, rock, concrete, brick, block, mortar, and industrial sand.

**Industries Containing RCS?**  
Brick, concrete, and pottery **manufacturing operations**, foundries, sand blasting, and hydraulic fracturing (fracking) operations in the **oil and gas industry**.

**Dangers of Silicosis?**  
Silicosis has several signs of possible exposure:  
Shortness of breath - Fatigue - loss of appetite -  
Chest pain - dry cough - respiratory failure -  
which **may eventually lead to death**.

**Prevention of Silicosis?**  
Prevention of Silicosis can be obtained by following these helpful tips:  
Use all available engineering controls such as blasting cabinets and local exhaust ventilation. Avoid using compressed air for cleaning surfaces. Use water sprays, wet methods for cutting, chipping, drilling, sawing, grinding, etc. Substitute non-crystalline silica blasting material. **Use respirators approved for protection** against silica; if sandblasting, use abrasive blasting respirators. **Do not eat, drink or smoke** near crystalline silica dust. **Wash hands** and face before eating, drinking or smoking away from exposure area.



Source: <https://www.osha-pros.com>