Silicosis Prevention Checklist

Silicosis is a disabling, nonreversible, and sometimes fatal lung disease caused by overexposure to respirable crystalline silica. Overexposure to dust that contains microscopic particles of crystalline silica can cause scar tissue to form in the lungs, which reduces their ability to extract oxygen from the air we breathe. Typical sand found at the beach does not pose a silicosis threat. Each year, more than 250 American workers die with silicosis. There is no cure for the disease, but it is 100 percent preventable if employers, workers, and health professionals work together to reduce exposures.

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