

Company Name: _____ Dept: _____ Location: _____ Date: _____

#138

EXPOSURE TO CONCRETE

Concrete is a substance that is created in a variety of ways by combining cement, sand, aggregate and water and may include additives such as alkaline compounds such as lime that are corrosive to human tissue, crystalline silica that can be abrasive to the skin and cause permanent damage to the lungs as well as chromium, which can cause allergic reactions. The risk of injury or illness to these materials depends on the level and length of exposure as well as the sensitivity of the individual exposed and are generally the result of exposure through skin, eye contact or inhalation.

Skin contact can result in burns, rashes or skin irritations. Workers can also become allergic if they have been exposed to concrete or cement over a long period of time. **Eye Contact-** Depending on the amount or length of time the eye is exposed to concrete or cement dust may determine if the exposure causes immediate or delayed irritation, redness or more severe chemical burns. **Inhalation-** Exposure through inhalation may occur from dust when workers are emptying bags of concrete or cement or when sanding, grinding, cutting, drilling or breaking up concrete. Health affects may include nose or throat irritation, with long-term effects of exposure to crystalline silica leading to a permanent, disabling lung disease, silicosis.

The best ways to protect yourself from the health hazards associated with cement or concrete exposure is to wear personal protective equipment and follow safe work practices:

- Wear alkali resistant gloves, long sleeves and pants
- Wear safety glasses with side shields. If conditions are very dusty, wear goggles and a respirator.
- Wash your hands before eating, drinking, smoking or using the toilet.
- Work in ways that minimize the release of dust and stay out of dusty areas when possible.
- Mix cement in well-ventilated areas and wet down the work area to keep dust out of the air.
- Use wet cut rather than dry cut masonry products.
- If you must kneel on fresh concrete, use a dry board. If concrete gets on skin, wash immediately.

Meeting Conducted By:

Print Name

Signature

Meeting Attended By:

Document Filing Reference

Notes & Suggestions