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8 KEY THINGS FOR WORKERS TO KNOW / E 8 NGĀ MEA NUNUI HEI MŌHIOTANGA MĀ NGĀ KAIMAHI

Controlling silica dust in the workplace / Te kaupare atu i te puehu takawai i te wāhi mahi



- Silicosis is a permanent lung disease.
- Workers manufacturing engineered/artificial stone kitchen benches have died from silicosis.
- Silicosis is caused by breathing tiny particles of respirable crystalline silica (RCS) dust into the lungs.
- RCS dust is created when materials containing crystalline silica are cut, ground, drilled, sanded, or polished.
- **Silicosis is preventable.**
- He mate pūkahukahu mutunga-kore te mate takawai.
- Kua mate rawa ētahi kaimahi mahi papatū kīhini kōhatu raweke, horihori rānei, i te mate takawai.
- Te take o te mate takawai he whakahā i ngā pakuriki iti rawa o ngā puehu tioata takawai ka taea te whakahā (RCS) ki roto i ngā pūkahukahu.
- Ka puta ake te puehu (RCS) ina tapahia, kauorotia, kōwiritia, whakamahinetia, morimoria rānei ngā matū kei roto rā te takawai tioata.
- **Ka taea te mate takawai te aukati.**



RCS dust can be eliminated by using products that do not contain silica. For example, metallic shot, slag products, or grit instead of sand for abrasive blasting.

Ka taea te puehu RCS te whakahā te whakakore rawa, mā te whakamahi i ngā matū karekau he takawai o roto. Hei tauira, te whakamahi i ētahi hua kē noa atu (hei tauira, te hōta maitai, ngā hua rānei o te mahi rino, te kirikiri rānei, me te waiho i te onepū) mō ngā mahi puha mukumuku.

There are some things your business/employer can do to minimise the risks of silica dust:



Tērā ētahi mahi ka taea e tō umanga/kaiwhakawhiwhi mahi hei kaupare rawa i te pānga e te puehu takawai:

Substitution Te whakakapi	1 Use natural stone like marble and limestone. These have a much lower silica content than engineered/artificial stone (as low as 2% compared to 90%). Me whakamahi i te kōhatu māori noa pēnei i te māpara me te pākeho. He iti iho te takawai i roto i ēnei tēnā i te kōhatu raweke, horihori rānei (ka heke rawa ki te 2%, kia whakaritea ki te 90%).	
Dust control Te whakahaere puehu	2 Control dust by on-tool water suppression and/or on-tool extraction and using an H-class HEPA-filtered vacuum cleaner when cleaning up. Me whakamahi pana ā-wai mō te taputapu kia kore ai te puehu e rere ki te hau, me whakamahi rānei tētahi pūnaha tangotango puehu i te taputapu mā te whakamahi ngote puehu H-class tātari ā-HEPA ina horoia te wāhi i te mutunga. 3 Choose equipment and machinery with good dust control and dust collection systems. If in doubt, contact the manufacturer. Kōwhiria ngā taputapu me ngā mīhini he pai ngā pūnaha kaupare puehu, kohikohi puehu. Mehemea kei te rangirua koe, whakapā atu ki te kaiwaihanga.	

Administrative control Te whakahaere whakarite tikanga	<p>4</p>	<p>Schedule potential high-exposure work for times when there are fewer workers and others around (eg breaks or after normal working hours).</p> <p>Me whakahōtaka ngā wā pānga tiketike mō ngā wā e iti iho ngā kaimahi me ētahi atu tāngata (hei tauira, ngā wā kapuī, i muri rānei i ngā hāora mahi tūturu o te rā).</p>	
Personal protective equipment (PPE) Ngā taputapu kaupare whaiaro (PPE)	<p>5</p>	<p>Provide PPE (eg overalls, gloves and suitable respiratory (breathing) protection) in accordance with the Standards and ensure workers know how to wear, use and store it correctly. Ensure workers are fit tested for any respirator they wear that requires a seal against the face.</p> <p>Āta horaina he PPE (hei tauira, he kahu kaupare paru (overalls), he karapu, he āraitanga whakahā e tika ana) kia hāngai ki ngā Paerewa, me te mahi nui kia mōhio ngā kaimahi me pēhea te whakamau, te whakamahi, te āta rokiroki tika hoki i aua taputapu. Me āta whakamātautau ia kaimahi mō tētahi taonga whakahā kawē me whai taupoki ki te kanohi ka whakamahia e rātou, kia tika ai te noho.</p>	

There are some things you, as a worker, can do to minimise the risks of silica dust:

Tērā ētahi mahi ka taea e koe, e te kaimahi, hei kaupare rawa i te pānga e te puehu takawai:

Personal protective equipment (PPE) Ngā taputapu kaupare whaiaro (PPE)	<p>6</p>	<p>Wear, use and store PPE correctly and let the business know if it no longer works (eg if it no longer fits properly or is broken). When wearing a respirator that requires a seal against the face, you must be clean shaven to ensure it fits properly, because facial hair or stubble will adversely affect the seal.</p> <p>Kia tika tonu te whakamau, te whakamahi me te rokiroki i ngā Taputapu Kaupare Whaiaro (PPE), ā, whakamōhioia atu te umanga mehemea kua kore e tika te mahi (hei tauira, mehemea kua kore e tika te noho i te tinana, kua pakaru rānei). Ina whakamau koe i tētahi taonga whakahā me āta taupoki ki te kanohi, me tino heu katoa te pāhau kia pai ai te piri ki te kanohi, nā te mea mā te huruhuru pāhau, mā ngā weu huruhuru rānei, ka hē te taupoki.</p>	
	<p>7</p>	<p>Leave dust-covered work clothes at work to be cleaned. Do not wear them home.</p> <p>Me waiho ngā kākahu kua kapi i te puehu i te wāhi mahi kia horoia. Kua e mauria atu ki te kāinga.</p>	
Personal hygiene Te mōhio whaiaro ki te horoi	<p>8</p>	<p>Wash hands before eating, drinking or smoking. Wash up before leaving work at the end of the day.</p> <p>Me horoi ō ringaringa i mua i te kai, i te inu, i te kaipaipa rānei. Me āta horoi koe i mua i te wehenga atu i te mahi i te mutunga o te rā.</p>	

If you have concerns about exposure to silica dust, talk to the business/employer, Health and Safety representative, or other representative.

Mehemea he āwangawanga ōu mō te pānga e te puehu takawai, me kōrero ki te rangatira/kaiwhakawhiwhi mahi, te māngai Hauora/Haumaruru rānei, ki tētahi atu māngai rānei.