



HAZARDCO
HEALTH & SAFETY MADE SIMPLE

A SIMPLE GUIDE TO **TOOLBOX TALKS**



DUST

Learn how to protect yourself and your workers from dusts.

DUST

Dust can be very harmful to health. Even though it might not look dangerous, breathing in certain types of dust can lead to serious, long-term health issues—like skin problems, nose irritation, asthma, and in rare cases, nasal cancer.

With the increased use of power tools on construction sites, there's now more dust in the air, which raises the health risks.

The biggest danger comes from the fine dust. It's often invisible but can be breathed deep into the lungs, where it causes the most harm.



KEY FACTS



Around 12,000 people die each year from work-related lung diseases and cancer, mostly due to exposure that happened in the past.



In 2024, it's estimated that 20,000 people in the UK will develop breathing or lung problems that are caused or made worse by their job.

Did you know that MDF dust particles are 30x smaller than the diameter of a human hair?



SOURCES OF DUST AND THEIR HEALTH RISKS



- Wood Dust - Nasal & lung cancer, asthma
- Stone (Silica) - Lung cancer, silicosis and COPD
- Fumes - COPD and asthma


PRECAUTIONS



- Wherever possible, work should be planned in a way that gets rid of harmful dust and fumes completely.
- If that's not an option, then proper controls must be in place to stop anyone from breathing them in.
- Some tools and equipment come with built-in dust extraction or collection systems—if those are available, they should always be used.
- Workers should always wear respiratory protective equipment (RPE) to keep themselves safe.
- It's also important to think about how the work might be affecting others nearby, not just the person doing the job.

Did you know that MDP dust particles are six smaller than





Using the right safety measures means you lower the risk of illness.

DO...

- Use dust extraction or water suppression when cutting materials to help reduce dust in the air.
- Always wear the dust mask provided - FFP3 masks offer strong protection.
- Keep the work area clean and tidy to help stop dust from building up.
- Take care of personal protective equipment (PPE) so it stays effective.
- Be aware of how much dust the job is creating and make sure the right control measures are in place.

Keeping people safe should be the top priority on any site, it's also the law.



DON'T...

- Don't use brushes to sweep up dust.
- Never cut materials without proper dust control in place.
- Don't assume dust won't affect you - long-term exposure can cause serious health issues.
- Don't cut indoors unless there is proper extraction and ventilation to manage the dust.



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