

SILICA DUST CAN DAMAGE YOUR LUNGS

BUT IT'S PREVENTABLE

Why it Matters

When you breathe in respirable crystalline silica, the particles can lodge deep in your lungs—where your body can't remove them.

Over time, this damage can lead to:

- Silicosis (irreversible lung scarring)
- Lung cancer
- Chronic obstructive pulmonary disease (COPD)
- Kidney disease

You may not feel symptoms right away—but damage can build over time.

Where You May Encounter It

Silica dust is released when materials like concrete, stone, brick, or drywall are cut, drilled, ground, crushed, or cleaned up.

You may encounter it during tasks such as:

- Cutting, grinding, or drilling
- Demolition and cleanup
- Crushing or handling stone, concrete, or masonry

What Helps Protect You

Silica-related illness is preventable when exposure is controlled.

- Use available dust controls
- Follow site procedures
- Wear required PPE properly

Employers are responsible for providing controls—workers help protect themselves by using them.

Learn more at LungSquatters.ca



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