



SILICA DUST: WHAT TO REMEMBER

● QUICK FACTS

- If you can see silica dust, you are overexposed
- It can lodge deep in your lungs
- Damage builds over time
- Exposure can cause silicosis, lung cancer, and COPD
- Prevention works when exposure is controlled

● ON THE JOB

What Helps Reduce Risk

Employers have a legal responsibility to provide controls that protect workers from silica exposure. Workers help keep those controls effective by using them as intended:

- Use available dust controls
- Follow site procedures for dusty work
- Wear PPE properly and consistently
- Report heavy dust or missing controls

**Construction workers are the largest exposed group in Canada.
Cutting, grinding, drilling, demolition, and cleanup carry higher risk.**
Source: Canadian Centre for Occupational Health and Safety

Learn more at LungSquatters.ca



NOVA SCOTIA