

## SECTION 19 LUNG CARE



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# SECTION 19 – LUNG CARE

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## 19.2 Introduction

Our lungs are vital for our life. This means we must take good care of them. And, as with all health and safety matters, we must take good care of the health (both short-term and long-term). This includes everyone's lung health.

According to HSE, around 12,000 people die from work-related lung diseases every year.

These deaths, linked to exposure to hazardous substances at work, include lung cancer and approximately 5,000 asbestos-related disease deaths.

Make sure your workforce doesn't add to the figures.

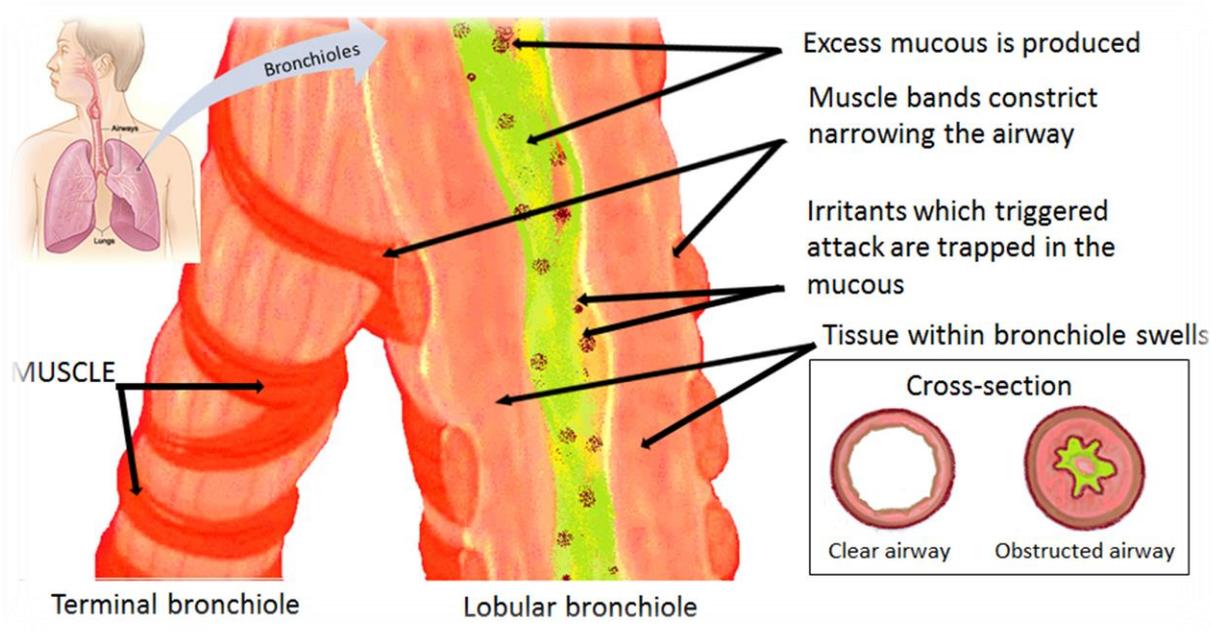
## 19.3 Asthma

### 19.3.1 What is asthma

Asthma is a chronic lung disease that causes inflammation and tightening of the muscles around the airways, making breathing difficult.

Symptoms can vary from person to person and can be mild or severe.

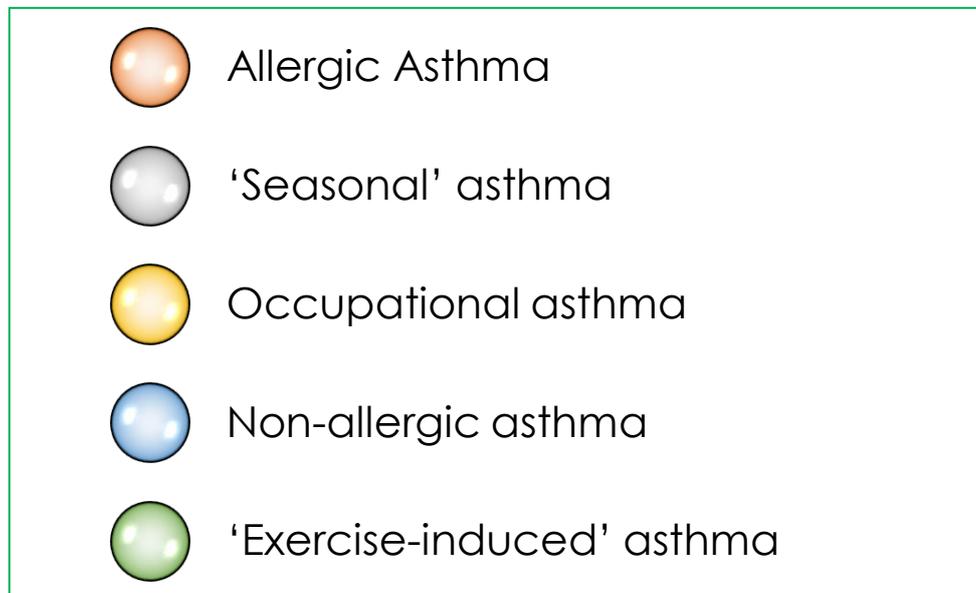
There is **no cure** for asthma. Treatment is based on the symptoms a person has, and giving that person the best quality of life possible with the severity of their condition.



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### 19.3.2 Types of asthma

There are different types of asthma – one of them is occupational asthma. This means that the asthma was caused by one's occupation (work).



Asthma can be brought on by certain work activities, including those involved in hairdressing. A worker who already has asthma (pre-existing asthma) can also be made worse due to those respiratory sensitisers in the workplace.

Things in a hair salon likely to cause asthma include:

- ∅ Hair products
- ∅ Cleaning chemicals
- ∅ Hairspray
- ∅ Fumes from solvents and cleaners
- ∅ Dust from latex
- ∅ Henna products

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### 19.3.3 Respiratory Sensitisers

The substances that people are allergic to are called 'respiratory sensitisers' or 'asthmagens'.

Not everyone who becomes sensitised goes on to get asthma. But once the lungs become hypersensitive, further exposure to the substance, even at quite low levels, may trigger an attack.

Some types of hairdressing products are known to cause problems and so may be labelled 'may cause sensitisation by inhalation' or 'can cause allergic reactions'. Check the labels and/or safety data sheets of any product that you use to decide upon the necessary precautions.

### 19.3.3 How to prevent asthma in a hair salon

Preventing asthma from developing or worsening whilst in the salon is a necessary step to take.

Tips include:

- ✓ Keep the workplace well ventilated. Have an open door or window where possible to get clean air flowing through
- ✓ Avoid using dusty products, choose pastes or solutions instead
- ✓ Wear a face mask and stand well back when using hairspray as some products can make existing asthma worse

### 19.3.5 Asthma at Work Charter

The leaflet [Asthma at Work - Your Charter](#) is supported by a coalition of employers, employees and health care professionals and sets out 5 easy measures to reduce the impact of asthma in the workplace.

1. 1 Protect employees from the causes of occupational asthma and conditions that trigger symptoms of pre-existing asthma at work
2. Provide a programme of health surveillance and access to up to date information on preventing occupational asthma

3. Ensure immediate investigation and prompt diagnosis, management and protection for people who develop symptoms of occupational asthma.
4. Ensure all employees know what to do if a colleague experiences an asthma attack
5. Ensure employees understand how to avoid putting themselves and others at risk

### 19.3.5 Asthma Resources

For more information, see

[All about asthma](#) (Asthma UK)

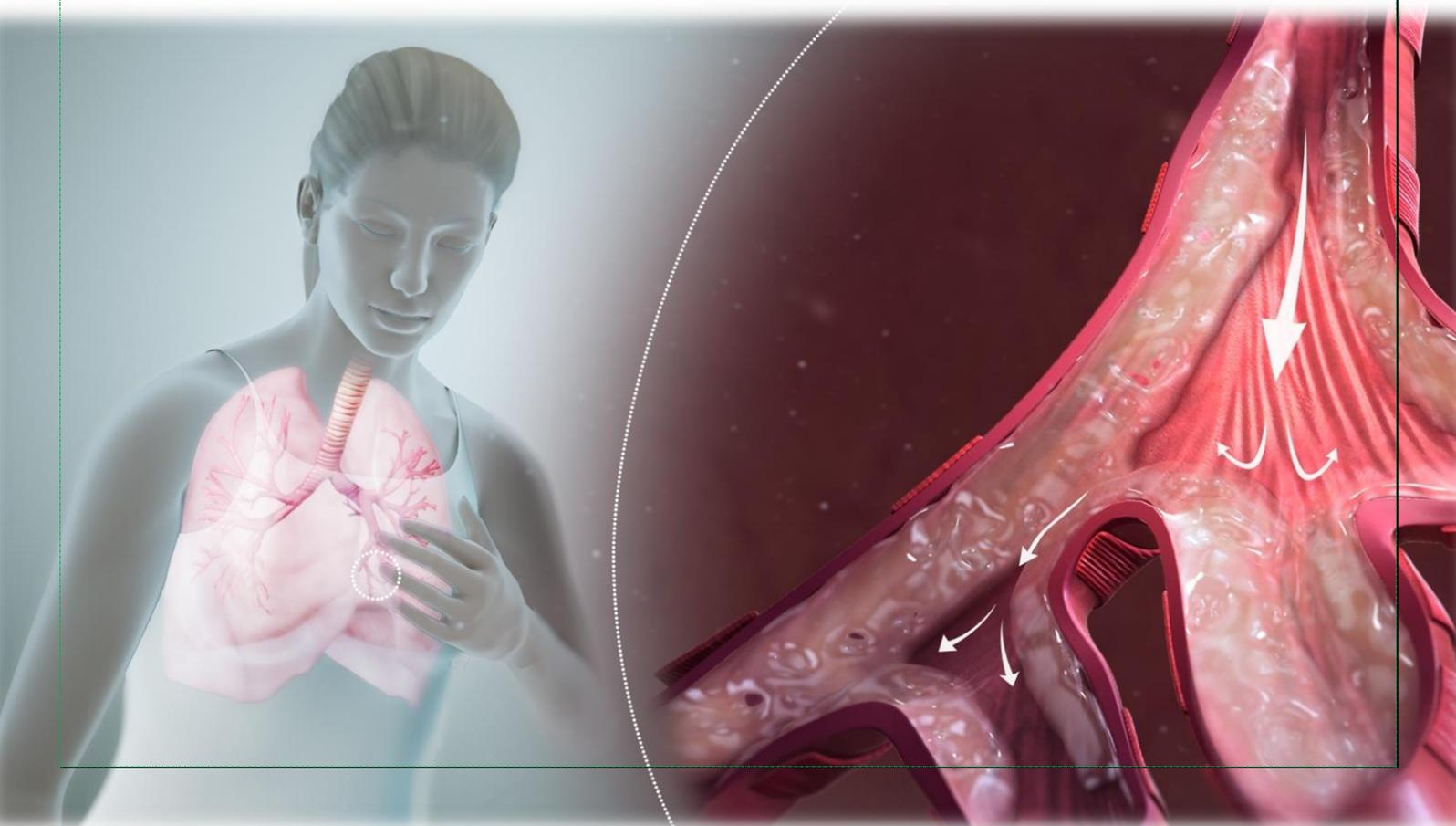
[Asthma at Work - Your Charter](#) (Asthma UK)

[Breathlessness booklet](#) (Asthma UK)

[Substances that can cause occupational asthma](#) (HSE)

[What to do if a child has an asthma attack](#) (Asthma UK)

[Work-related asthma statistics, 2023](#) (HSE)



## 19.4 Asbestos

### 19.4.1 introduction

Asbestos can be found in any building built or refurbished before the year 2000 – especially buildings built in the 50's, 60's and 70's.

Large amounts of asbestos were used in new and refurbished buildings before 2000. In the UK, blue (crocidolite) and brown (amosite) asbestos were banned by law in 1985. Manufacture and supply of white (chrysotile) asbestos was banned by the end of 1999. Existing asbestos articles are still in use today.

This means a large number of buildings – whether homes, businesses, or other structures – still contain asbestos. This includes salons.



When asbestos containing materials (ACMs) are damaged or disturbed they can release dangerous fibres. These, when breathed in, can cause serious diseases.

But you will not have any side-effects from that for between 15 and 60 years later. And then that asbestos will kill you, painfully.

There is no cure.

Around 5000 people in the UK die every year from asbestos-related diseases as a result of past exposure...



Under the Control of Asbestos Regulations 2012, you have a duty to protect yourself and others from exposure to asbestos at work. This also counts if you are working from domestic premises.

### 19.4.2 What is asbestos

Asbestos refers to six unique minerals — chrysotile, amosite, crocidolite, anthophyllite, tremolite and actinolite, belonging to the serpentine and amphibole families.

### *Serpentine Asbestos*

Serpentine asbestos has curly fibres made up of sheets of crystals. Chrysotile is a serpentine asbestos. It accounts for more than 95% of all asbestos used throughout the world.

### *Amphibole Asbestos*

Amphibole asbestos has straight, needle-shaped fibres. The other 5 types of asbestos are amphibole asbestos. Lower exposures to these types of asbestos causes cancer more than serpentine asbestos. Exposure to amphibole asbestos can cause severe autoimmune conditions in addition to cancer and respiratory diseases.

Amosite and crocidolite are the more common forms of amphibole asbestos used,

### *Chrysotile (white asbestos)*

The most commonly used form of asbestos. It can be found today in the roofs, ceilings, walls and floors of homes and businesses. Manufacturers also used chrysotile asbestos in automobile brake linings, gaskets and boiler seals, and insulation for pipes, ducts and appliances.



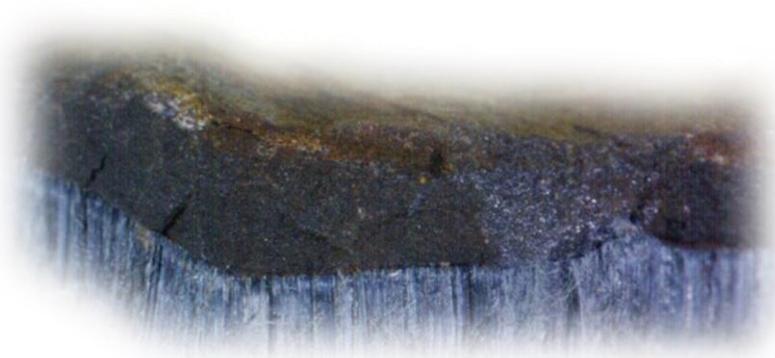
### *Amosite (brown asbestos)*



Amosite (brown asbestos) was used most frequently in cement sheets and pipe insulation. It can also be found in insulating board, ceiling tiles and thermal insulation products.

### *Crocidolite (blue asbestos)*

Crocidolite (blue asbestos) was commonly used to insulate steam engines. It was also used in some spray-on coatings, pipe insulation, plastics and cement products.



While some types of asbestos may be more hazardous than others, all are dangerous.

**YOU WON'T KNOW WHAT TYPE OF ASBESTOS YOU'RE DEALING WITH.  
AVOID DEALING WITH ALL ASBESTOS-CONTAINING MATERIALS!.**



### **19.4.3 Health impact of asbestos**

Disturbing asbestos-containing material (ACM) can release invisible fibres. Once in the air, fibres are then breathed in and cause lung diseases.

Those fibres are so small that you cannot see them with your eyes – so you may unwittingly disturb asbestos-containing materials, and expose your workforce. They are also razor sharp, damaging the lungs over a longer period of time.

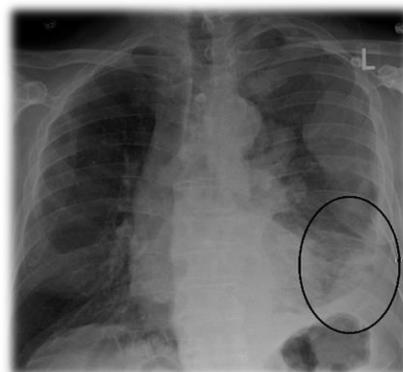
### *Mesothelioma*

The main cause of mesothelioma is breathing in asbestos dust. Most people don't start to experience symptoms till 20-50 years after asbestos exposure. Nearly half of those diagnosed are over 75 years old.

Mesothelioma is an aggressive cancer of the linings (mesothelia) of the lungs, heart and stomach.

Common mesothelioma symptoms include shortness of breath, chest or abdominal pain, persistent coughing, fluid buildup in the lungs or abdomen, unexplained weight loss, fatigue, difficulty swallowing and more.

Mesothelioma treatments are available, but for many people with mesothelioma, a cure isn't possible.



### Lung cancer



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Asbestos can also cause lung cancer (or lung carcinoma). Other causes of lung cancer are genetic damage to the cells in the airways (often caused by smoking tobacco or inhaling damaging chemicals). The damaged cells multiply unchecked, forming a tumour. Without treatment, tumours will spread, causing severe damage to the lungs

### Asbestosis

Asbestosis is a chronic lung disease that results from inhaling asbestos fibres over a long period of time. These fibres cause lung tissue scarring, leading to asbestosis.

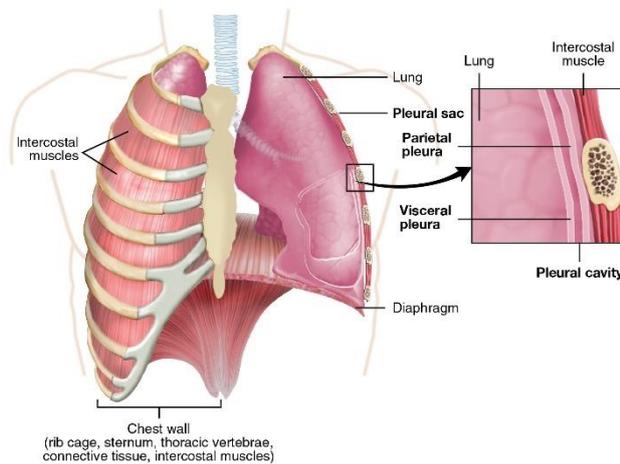
Symptoms can range from mild to severe and usually don't appear until 20 to 30 years after exposure. In severe cases, asbestosis can be fatal.

Common asbestosis symptoms include shortness of breath, persistent dry cough, chest tightness or pain, unexplained weight loss, a crackling sound in the lungs when breathing in and clubbing (the fingertips and toes become wider and normal).



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## Other



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Asbestos can also create other, long term health problems, such as pleural thickening. Asbestos fibres can remain airborne for days. They can travel deep into the lungs and lodge in the lung tissue, causing scarring and thickening of the pleura.

The pleura are the delicate linings of the lungs (inner and outer), that are essential for breathing.

### 19.4.4 Where to find asbestos

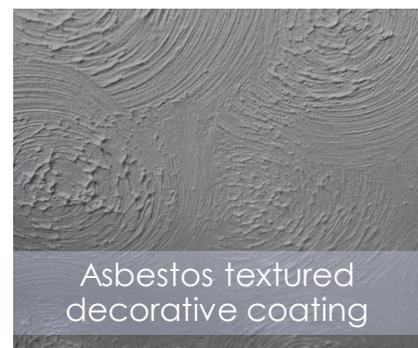
Asbestos can be found in many - and often unsuspected - locations.

It is a very versatile mineral, and its fire-proof and water-proof abilities make it ideal for protection against heat and water. It is also very malleable, and can be used in many different forms, such as a liquid (to spray over a pipe, for instance), a solid (e.g., as tiles or roof sheets) and as fibrous materials (e.g. insulation materials).

Here are some examples of asbestos-containing materials:

- Adhesives
- Brake pads
- Cement
- Clutch facings
- Drywall
- Fireproof panels
- Asbestos insulating boards
- Roofing
- Acid storage battery casings
- Ceiling tiles
- Cement sheets
- Fireproofing
- Fire blankets
- Fireproof clothing
- Fireproof gloves
- Electrical insulation
- Gaskets
- Kent Micronite cigarette filters
- Marine insulation
- Spray-on insulation/protective coatings
- Vinyl tiles
- Industrial turbine blankets
- Paint
- Paper
- Plumbing
- Sealants

- Textiles
- Lagging
- Water tanks
- Toilet cisterns
- Brake pads
- Cosmetics & Talk products
- Decorative ceiling panels



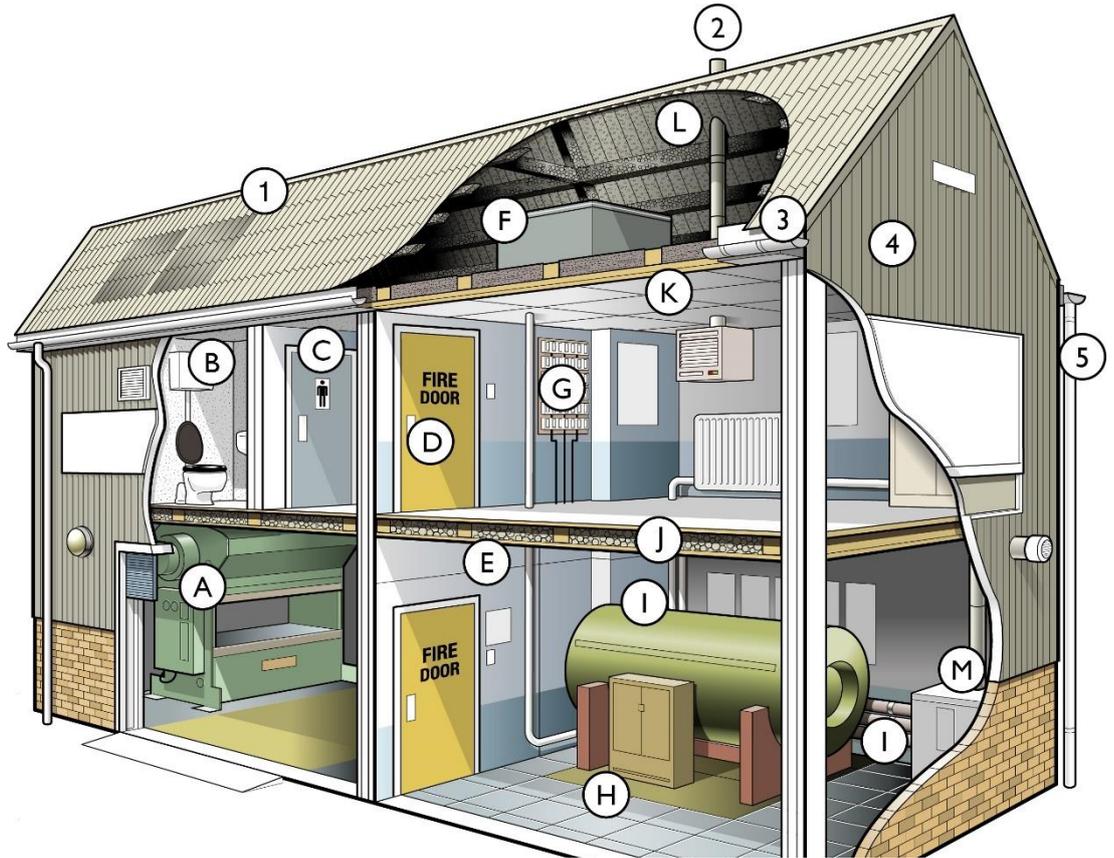


Diagram by HSE showing where asbestos can occur in an industrial property

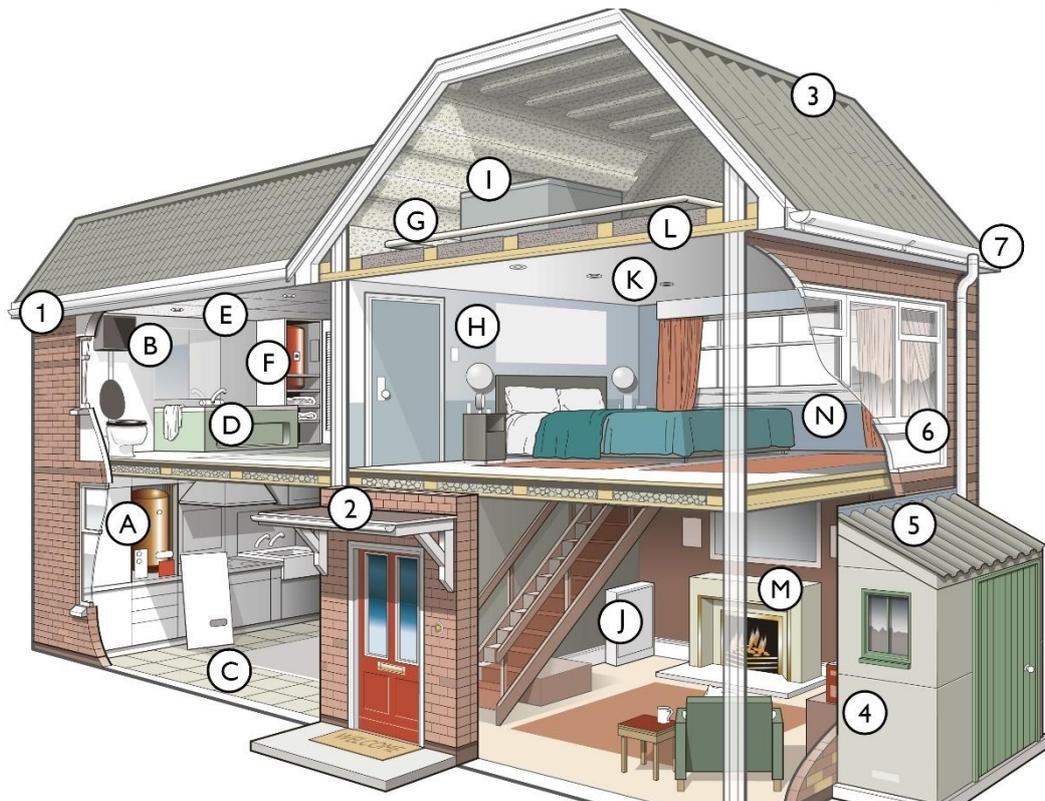


Diagram by HSE showing where asbestos can occur in a residential property)

### 19.4.5 Identifying if asbestos is present in non-domestic buildings

To comply with your duty to manage asbestos in your building, you must:

- ✓ Take reasonable steps to find out if there are asbestos-containing materials in the building. This survey will usually be done by a competent surveyor
- ✓ If asbestos is present, determine its quantity (how much), quality (the condition it is in) and location
- ✓ Assume that materials contain asbestos unless you have strong evidence they do not
- ✓ Prepare a detailed asbestos management plan that sets out how the risks will be managed
- ✓ Put the plan into action and monitor it regularly
- ✓ At least annually, review the plan including all procedures and arrangements, asbestos register and site drawings so that the plan remains relevant and up to date
- ✓ Provide information on the location and condition of asbestos-containing materials to anyone who is likely to work on or disturb them (for instance, an employee hanging up a poster frame, or someone doing alterations to the building)

### 19.4.6 Asbestos Register

The information in the asbestos survey report should be used to form the asbestos register.

The asbestos register forms a key part of your asbestos management plan.

This register must always contain current information on the presence and condition of asbestos-containing materials (ACMs) and will help you actively manage any asbestos, or presumed asbestos, in your buildings.

The register should contain your record of known and presumed ACMs. It will need regular updating in line with any changes to risk, for example deterioration in condition.

### 19.4.8 Working with asbestos

If you come across any material you think may contain asbestos, you must:

- ∅ stop work immediately
- ∅ follow the guidance on what to do if you think you have found asbestos

### *Non-licensed asbestos work*

Some materials are lower risk and you can work on them, providing you take the right safety precautions. This is known as non-licensed asbestos work

High-risk activities must be worked on by a HSE-licensed contractor.

### *Licensed asbestos work*

Some materials are too dangerous for you to work on. Only a licensed asbestos contractor must carry out these jobs

- This is known as licensed asbestos work

## **19.4.9 Asbestos Management Plan**

Before building, repair or maintenance work starts, find out if the part of the building likely to be disturbed contains asbestos and, if so, its type and condition.

If you are an employer, you should check relevant information, such as that contained in construction plans or provided by duty-holders in asbestos surveys or registers.

If no records are available, or you are unsure about their accuracy, you may need to arrange a survey and analysis of representative samples to determine the presence, type and condition of asbestos.

Your asbestos management plan should include:

- ✓ who is responsible for managing asbestos
- ✓ your asbestos register, including the site plan showing the location of asbestos-containing materials (ACMs) and areas not inspected
- ✓ the schedule for monitoring the condition of ACMs
- ✓ how you will share your asbestos register with workers or contractors doing maintenance work
- ✓ control arrangements to ensure that ACMs are not disturbed
- ✓ emergency procedures if ACMs are disturbed

### *Before doing any work*

- Do a full risk assessment
- should help you determine the type of work (non-licensed or licensed)
- If non-licensed, make sure you have reasonable precautions in place

### *Safety checklist*

- Can you avoid disturbing asbestos by doing the job in some other way?
- Have you determined what the asbestos-containing material is?
- Do you need a licence for the work?
- Always follow all legal requirements
- Use an asbestos waste container
- Dispose of at a licensed disposal site

#### Caution:

- Do not sweep dust or debris from asbestos-containing materials – use a Class H vacuum cleaner or damp rags to clean up
- Don't take used overalls home
- Don't reuse disposable PPE
- Don't smoke, eat or drink in the work area

### *Training*

Any worker (including the self-employed) who is liable to disturb asbestos during their work must receive the correct level of information, instruction and training so they can work safely and without risk to others.

The training should be designed around the asbestos work activities that will be carried out and should include practical training as necessary.

## 19.4.10 Asbestos Resources

For more information, see

[Asbestos Register \(PDF Template\)](#) (HSE)

[Asbestos Register \(Word Template\)](#) (HSE)

[Asbestos Register and Site Plan](#) (Example) (HSE)

[Diagrams showing where asbestos can occur in buildings](#) (HSE)

[a0 Introduction to Asbestos essentials](#) (HSE)

[a9 Drilling holes in asbestos cement \(AC\) and other highly bonded materials](#) (HSE)

[a11 Removing asbestos cement \(AC\) debris](#) (HSE)

[a16 Painting asbestos cement \(AC\) products](#) (HSE)

[EM1 What to do if you discover or accidentally disturb asbestos during your work](#) (HSE)

[EM2 Information, instruction and training](#) (HSE)

[UK National Asbestos Register](#) (UKNAR)

