

# Don't let your eyes fool you – silica dust can kill!

Unlike the dust in your home, silica dust particles are so small that they are invisible to the naked eye. These tiny particles can find their way deep into your lungs, where they can cause irreversible damage.

Silica dust is produced by drilling, cutting, sanding or grinding materials which contain silica. Silica is one of the most common minerals, and it is frequently found in stone, mortar, bricks, concrete, slate, tiles and certain plastic composites, among various other materials.

Breathing in silica dust can cause severe damage to your health. Keep dust in check by using at least one of these methods every time:

- Local exhaust ventilation combined with an **industrial air cleaning system**
- An extraction device fitted to a hand-held power tool
- Water suppression

And remember to always protect yourself with respiratory PPE to prevent unhealthy dust from entering your lungs.

Inhaling just one-  
40,000th of a teaspoon of  
silica dust\* causes your  
chances to get cancer or  
another lung disease  
skyrocket.

\*Teaspoon of silica dust weighing 4 g.  
One 40,000th equals 0.1 mg/m<sup>3</sup>.

