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# Controlling exposures to prevent occupational lung disease in CONSTRUCTION

# **General Site Operative**

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# **HAZARDS AND RISKS**

A general site operative can have many different roles, typically in site preparation, demolition work, plant and machinery operation, clean up and waste removal, and assisting other trades such as carpenters, plasterers and masons with preparing and applying materials. The breadth of these activities, potentially across the whole construction site, can mean a risk of exposure to many different harmful dusts, gases, fumes and vapours which can lead to respiratory ill health.

#### **Dusts**

A worker may be exposed to high airborne dust levels during tasks such as cleaning and digging, abrasion and cutting of stone, concrete or wood, and mixing mortar and cement. The dust may contain toxic substances such as asbestos, silica, wood dust, organic material and toxic metals present in cements or soils at contaminated and derelict sites.

### Gases, fumes and vapours

Application of sealants, adhesives, spray markers and coatings may result in exposures to airborne chemical mists and vapours. Torch cutting of metals and heating of materials (e.g. bitumen) can expose operators to metal fumes, toxic gases and vapours, and operating plant can lead to high levels of diesel exhaust fume exposure. Entry into confined spaces, drainage or sewer structures (particularly on derelict sites) might result in exposure to toxic gases such as hydrogen sulphide.

## **Risks to health**

Breathing in these hazardous substances can cause serious, debilitating, irreversible, life-limiting, and, in some cases, fatal illnesses, which include lung cancer, pulmonary fibrosis (e.g. asbestosis/silicosis), asthma, pulmonary oedema and chronic obstructive pulmonary disease (COPD). In Ireland, over 50 cases of mesothelioma are reported annually. The WHO/ILO\* estimate that approximately 400 people die annually in Ireland from occupational exposure to asbestos whilst an estimated 30 die every year from occupational exposure to respirable crystalline silica (RCS)

\*The WHO is the World Health Organisation and the ILO is the International Labour Organisation. They are both are United Nations agencies.

## **CONTROL OPTIONS**

#### **Control measures**

As there are so many airborne pollutants to which a construction worker may be exposed, it is vitally important that chemical agents risk assessments are completed for all activities to identify the significant risks and appropriate control measures. The findings should be communicated to ensure that they are understood by any worker who may be at risk. A qualified occupational hygienist can assist with the chemical agents risk assessment, to help identify hazardous substances, advise on the level of exposure risk and select appropriate control measures. These measures should be task specific, and developed following a hierarchy of controls which should start with preventative measures, followed by engineering controls and working methods with PPE considered as a last resort.

#### **Elimination/prevention**

 Product/material substitution (e.g. use of water-based coatings in place of solvent-based coatings) should be adopted as far as possible to avoid use of hazardous substances completely.

#### **Engineering controls**

- There are many types of local exhaust ventilation (LEV) designs suitable for a wide range of construction activities; the most effective are often those that are integrated into the tools.
- Ventilated enclosures may be needed if the materials are particularly hazardous
- Wherever practicable, industrial Class H or M vacuums with HEPA Filters should be used for cleaning up hazardous dusts.

#### Safe working methods

- Select working methods which minimise the generation of dusts and fumes, etc., for example: appropriate tool selection; wet working; roller/brush rather than spray application of coatings; vacuuming not dry sweeping; and techniques which avoid or limit grinding, drilling, cutting, chiselling and blasting of stone or wood (e.g. use of precut materials).
- Limit the number of people who may be exposed, through restricted access areas, planning tasks so that workers are not located near to other hazardous work, and job rotation.
- Ensure good site housekeeping and hygiene, e.g., clean up regularly and dispose of waste via covered chutes and skips
- Ensure good natural ventilation and carry out dusty tasks outside where possible.

#### PPE

 PPE is considered a last resort control measure as it has to be worn properly all of the time, and it does not "fail safe". It needs to be carefully selected to ensure it provides adequate protection. Tight fitting respiratory protective equipment (RPE) must be face fit tested to ensure that it affords the anticipated level of protection for each individual.

# MANAGING THE RISK

## **Training & Communication**

Supervision, maintenance and testing of controls and air monitoring are all vital aspects of managing the risk, in addition to health surveillance which can be a requirement in certain circumstances.

#### Air monitoring

Air monitoring is a specialist activity. It may be required as a result of a chemical agents risk assessment, as a periodic check on control effectiveness and to assess compliance with relevant occupation exposure limit value (OELV), or where there has been a failure in a control (for example if a worker reports respiratory symptoms). A qualified occupational hygienist can ensure it is carried out in a way that provides meaningful and helpful results.

Refer to the current Health and Safety Authority's 'Code of Practice' for up to date information on OELVs.

To obtain the most accurate and up-to-date information, it is recommended to visit the Health and Safety Authority's (HSA) website or contact the HSA directly. The website will have the up to date versions of the current code of practice, guidelines, and regulations.

https://www.hsa.ie



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## **OCCUPATIONAL EXPOSURE LIMIT VALUES (OELVS) AND EXPOSURE LIMITS**

### **Exposure Levels**

Many of these commonly found hazardous substances have occupational exposure limit Values (OELVs). Refer to the current Code of Practice for Safety, Health and Welfare at Work (Chemical Agents) Regulations (2001-2021) and the Safety, Health and Welfare at Work (Carcinogens, Mutagens & Reprotoxic Substances) Regulations, 2024 (replacing Safety, Health and Welfare at Work (Carcinogens, Mutagens & Reprotoxic Substances) Regulations, 2024 (replacing Safety, Health and Welfare at Work (Carcinogens, Mutagens & Reprotoxic Substances) Regulations, 2024 (replacing Safety, Health and Welfare at Work (Carcinogens, Mutagens & Reprotoxic Substances) Regulations, 2024 (replacing Safety, Health and Welfare at Work (Carcinogens, Mutagens & Reprotoxic Substances) Regulations, 2024 (replacing Safety, Health and Welfare at Work (Carcinogens, Mutagens & Reprotoxic Substances) Regulations, 2024 (replacing Safety, Health and Welfare at Work (Carcinogens, Mutagens & Reprotoxic Substances) Regulations, 2024 (replacing Safety, Health and Welfare at Work (Carcinogens, Mutagens & Reprotoxic Substances) Regulations, 2024 (replacing Safety, Health and Welfare at Work (Carcinogens) Regulations, 2024 (replacing Safety, Health and Welfare at Work (Carcinogens) Regulations, 2024 (replacing Safety, Health and Welfare at Work (Carcinogens) Regulations, 2024 (replacing Safety, Health and Welfare at Work (Carcinogens) Regulations, 2024 (replacing Safety, Health and Welfare at Work (Carcinogens) Regulations, 2024 (replacing Safety, Health and Welfare at Work (Carcinogens) Regulations, 2024 (replacing Safety, Health and Welfare at Work (Carcinogens) Regulations, 2024 (replacing Safety, Health and Welfare at Work (Carcinogens) Regulations, 2024 (replacing Safety, Health and Welfare at Work (Carcinogens) Regulations, 2024 (replacing Safety, Health and Welfare at Work (Carcinogens) Regulations, 2024 (replacing Safety, Health and Welfare at Work (Regulations, 2024 (replacing Safety, Health and Welfare at Work (Regulations, 2024 (replacing Safety, Health

The risk of respiratory ill health depends on the frequency, duration and level of exposures. Levels of exposure can vary according to the composition materials (eg. different types of stone contain different amounts of silica), and be affected by site conditions, weather conditions, working methods and human factors such as training and supervision. An operative's exposure to hazardous substances could regularly exceed OELVs if controls are inadequate and good practices are not observed.

## **Further information**

Current Code of Practice for the Safety, Health and Welfare at Work (Chemical Agents) Regulations 2001-2021 and the Safety, Health and Welfare at Work (Carcinogens, Mutagens & Reprotoxic Substances) Regulations 2024

Safe Working with Diesel Engine Exhaust Information Sheet, 2016

Control of Chemical Agents: Your Steps to chemical safety.

Guidelines on Occupational Asthma. Health and Safety Authority.

Guidelines on Occupational Dermatitis. Health and Safety Authority.