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Preventive Health Care

Men with long experience as brake mechanics should have a physical examination at least once a year and preferably every six months. This should include a chest X-ray. The examining physician should be informed of the man's job and his exposure to asbestos.

If you have, or have had, exposure to asbestos, cigarette smoking is particularly bad. If you smoke, stop.

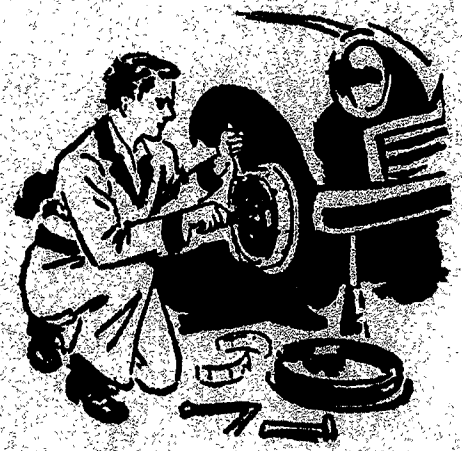
How You May Contact Us

Please let us know what action you are taking, what ideas you may have to offer, and what problems you encounter in following our suggestions for making your workplace safer.

Contact:

Center for Science in the Public Interest
1779 Church Street, N.W.
Washington, D. C. 20036
(202) 332-6000

BRAKE REPAIR WORK CAN BE *Hazardous* TO YOUR HEALTH



District of Columbia Department of Human Resources
Community Health and Hospital Administration
Occupational and Employee Health Program

Center for Science in the Public Interest

What Are The Hazards?

- Brake linings contain large amounts of asbestos fiber, a substance harmful to your body.
- The risk of lung cancer for people who smoke and work with asbestos is 92-times greater than for people who neither smoke nor work with asbestos.
- Among a number of groups of asbestos workers, one out of every five deaths is due to lung cancer.
- The risk of a serious lung disease, called asbestosis, and cancer of other body sites is about the same for smokers and nonsmokers alike who work with asbestos.
- At present, it is not known what level of exposure to asbestos, if any, is safe. Even a small amount may be dangerous in some circumstances.
- Asbestos-related disease usually takes 20 to 30 years from the time of exposure to become evident. Working with asbestos for even a short time could result in asbestos-related disease later on.

Dos & Don'ts For Your Protection

To protect yourself and others in your workplace against this hazardous substance:

DON'T clean brake assemblies and drums with an air hose. (Fiber dusts generated by this method are dangerously high.)

DON'T brush or, by any other method, raise dust.

DO vacuum out all the fiber you can.

DO wet-wash the parts with paintbrush and kerosene.

DO use a protective mask when exposure to asbestos dust cannot be avoided. Several companies manufacture disposable masks, costing from $.50 to $1.50. For information on where these may be purchased locally, call the Center for Science in the Public Interest at (202) 332-6000.