

DRAFT

EXPOSURE TO ASBESTOS DUST

(Continued)

several things you can do to protect yourself from unacceptable exposure to asbestos dust.

- 1.) Follow established standard practices for handling asbestos.
- 2.) Stop smoking if you do; don't start if you don't. In my opinion, it has been conclusively proven that cigarette smoking is a cause of irritation to the lungs and bronchial tubes and can cause cancer of the lungs and chronic bronchitis and emphysema without any other factors being present.

Significant asbestos exposure also has its primary effect on the lungs, as we will discuss further, so the use of cigarettes and their effects on the lungs could compound any problem that developed.

- 3.) You should wash your hands, arms, and face, before eating to prevent the inhalation of dust that might be on you.
- 4.) Do not eat in shop area where asbestos dust accumulates.
- 5.) Clean off loose dust from clothing before leaving the plant.