FILE NAME: Painters and Allied Trades (PAINT)

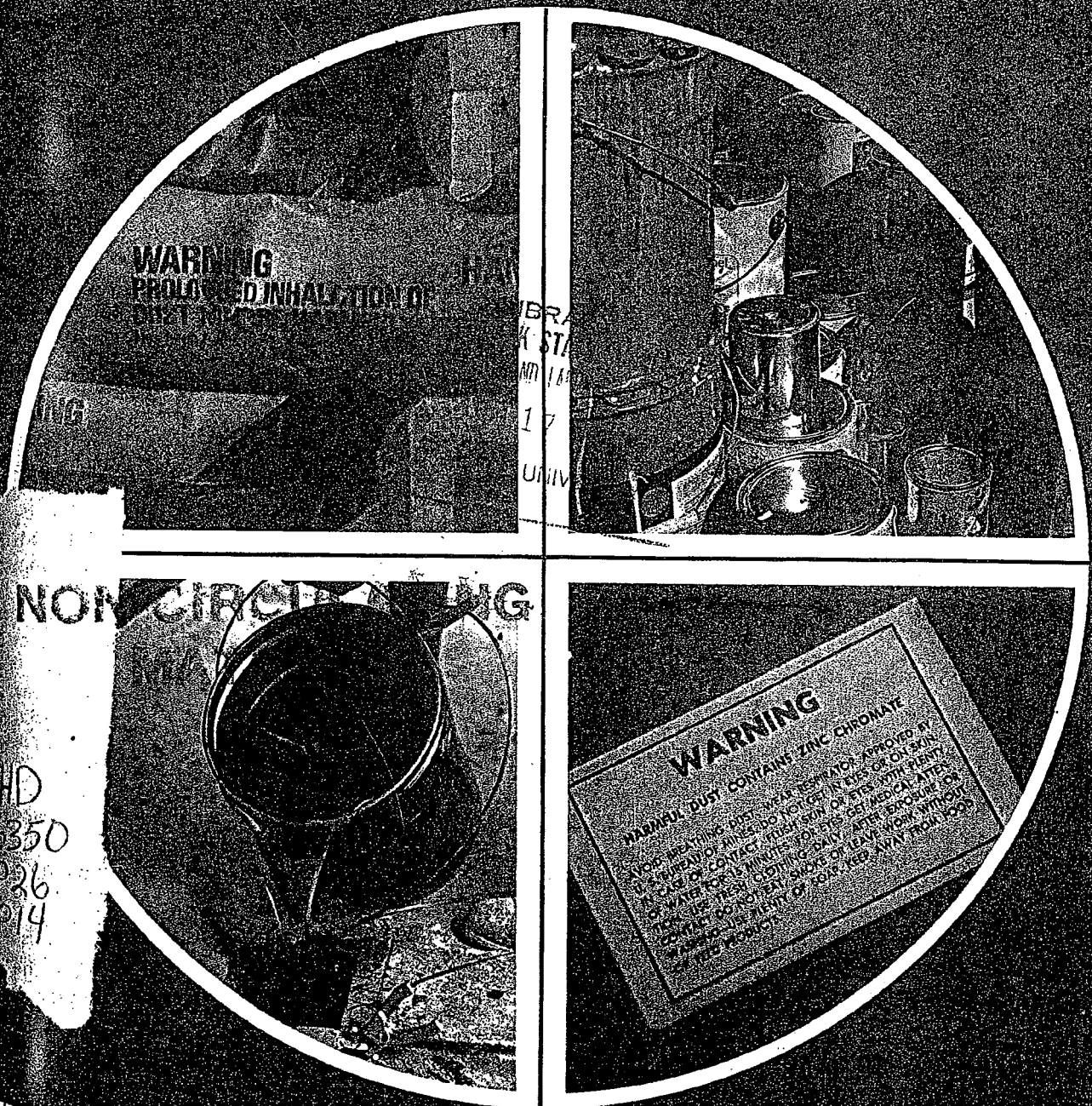
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Painters & Allied Trades Journal

OCTOBER 1977



IBPAT SPECIAL REPORT:

Zeroing in on Hazardous Proc

ALL-STATE LEGAL®
DEFENDANT'S EXHIBIT
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10053
(Black)

Painters & Allied Trades Journal

1887-1977 90th Anniversary

On the Cover
An IBPAT Special Report lists hundreds of hazardous products (story page 5).

NEWS AND FEATURES

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Inside Front Cover From the General President
4 AFL-CIO Affirms Social, Economic Goals
12 Ask The Doctors
13 Davis-Bacon Forum
14 Pension Plan Annual Report

DEPARTMENTS

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17 General Executive Board Minutes
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30 The Members Speak Out

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Any member or subordinate body publishing programs, souvenirs or other documents of any description must not designate them as "The Official Journal of the Brotherhood," or as "The Painters and Allied Trades Journal," either upon the publication itself on their advertising contract forms or stationery.

Robert J. Petersdorf
Publisher
Sam Parker
Editor
1750 New York Ave., N.W.
Washington, D.C. 20006

Published monthly by the International Brotherhood of Painters and Allied Trades. Second Class mail entry authorized at Washington, D.C.

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VOLUME 91, No. 9

OCTOBER 1977

The official journal of the International Brotherhood of Painters and Allied Trades, organized March 15, 1887, and the only publication issued under its auspices.

LABOR PRESS AFL-CIO CLC

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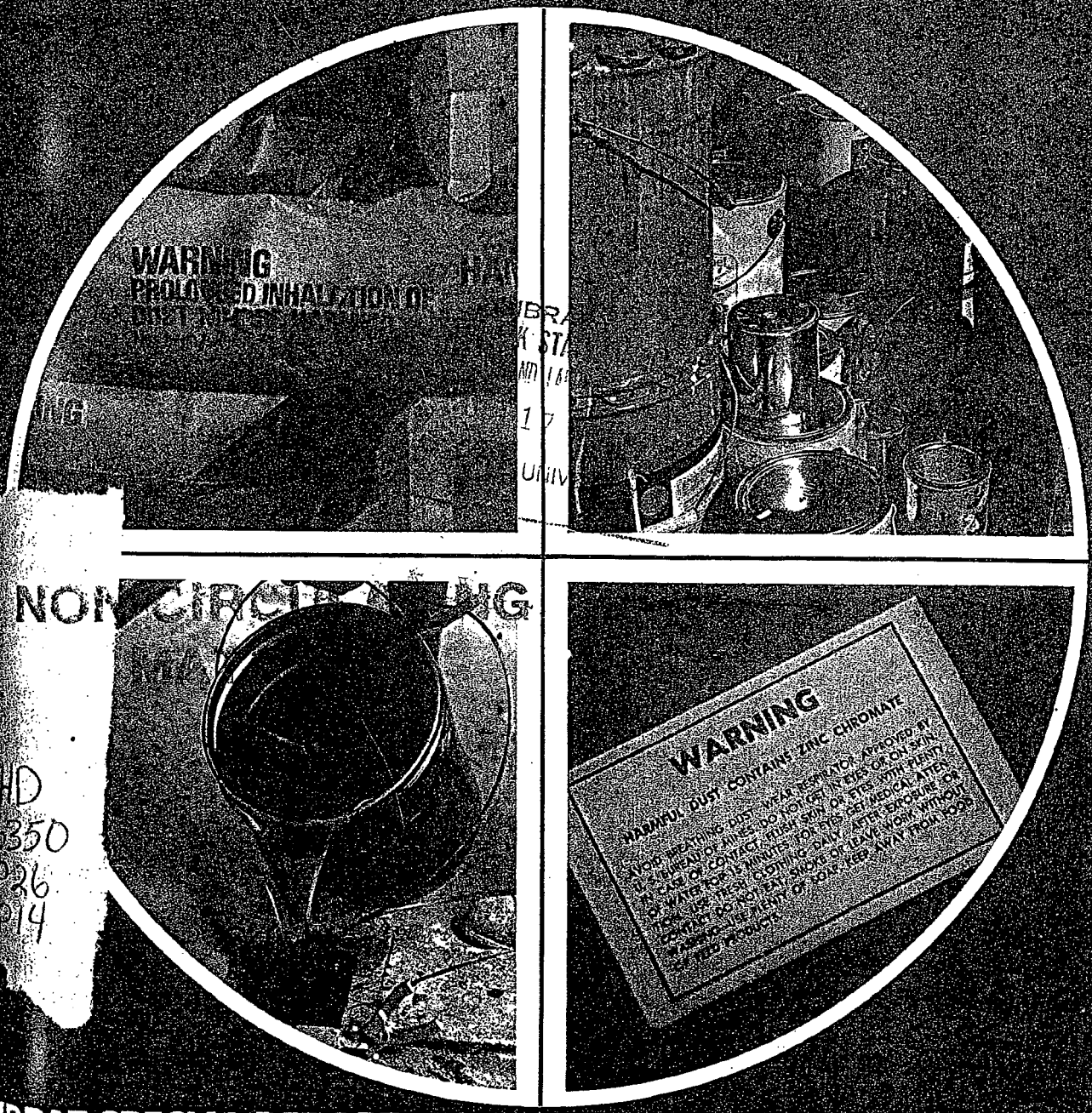
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NIOSH Reveals Trade Names of Cancer-Causing Paint Products

Armstrong Tile Cement S-90, Mostell D-931 undercoating and Dayco wood filler are just three of the 265 products which contain cancer-causing chemicals listed in a recent National Institute of Occupational Safety and Health (NIOSH) survey. The survey found 411 products that contain cancer-causing chemicals, but the chemical makeup of 146 of these products are claimed as "trade-secrets" by the manufacturers. The names of these 146 products will not be released until the conflict between the workers' "right to know" and the manufacturers' desire to protect "trade secrets" is resolved.

As many as 300,000 workers used these 411 products in the past three years, thus exposing themselves to the risks of cancer without even knowing it. Of the 265 products revealed by NIOSH, 164 frequently used in the paint trades are listed on the following pages.

The NIOSH survey identifies the manufacturing companies, the names of their products and what the cancer-causing chemicals in the products are. The most common cancer-causing chemical among the products in the NIOSH survey is asbestos. Two other well-known cancer-causing chemicals, benzidine and chloroethylene (vinyl chloride), are also contained in products in the NIOSH survey. (For more information on these chemicals, see page 10.)

A Message from GP Raftery

Companies spend millions of dollars to test the performance of their products. They can tell you to the degree when the paint will blister, to the minute how fast the paint will dry and to the foot how much area it will cover. However, only a few of these products have ever been tested for the death and suffering they will cause for those of us who apply the products.

Slowly we are learning the names of products that are harmful to us. The NIOSH list of trade-name products that can cause cancer among IBPAT members just scratches the surface. For us it is the starting point of a drive to find safer products to substitute for these harmful ones. But we need your help.

We need your help to determine the extent that these products have been used by each of you, so that we can intelligently decide what action must be taken to protect our members' health and safety in the future.

Read through the NIOSH list. Check these products with which you have worked and write how many times you have used them over what number of years in the blanks provided. Clip your answers along the dotted line and send them to: IBPAT JOURNAL, 1750 New York Avenue N.W., Washington, D.C. 20006.

Keep the NIOSH list as a reference for products you may want to avoid in the future. We will also publish a list of substitutes for these products in an upcoming issue of the Journal.

Please, return your checklist as soon as possible. This is very important for all our members.

My Local Number is _____

I have worked with these products:

ASBESTOS CONTAINING PRODUCTS	Number of times	Number of years
Owens-Corning Fiberglas Corp.		
Kaylo 17	____	____
Kaylo	____	____
Johns-Manville Corp.		
Black Plastic Cement	____	____
Asbestile Cement	____	____
Transite Conduit Joint Sealing Compound	____	____
No. 352-7M Refractory Cement	____	____
Asbestos Fiber 7R06	____	____
Tuff Kote Co.		
Tuff Kote White 250Z 82-91	____	____
Dunn-Rainy Co.		
Butyl Tite Butyl Rubber Caulk	____	____
600 Putty	____	____
TREMCO Mfg.		
TREMCO Mastic Roof Cement	____	____
TREMCO Seam Sealer	____	____
TREMCO Glazing Compound Dark Green	____	____
Roof Preservative, Tar & Asphalt Types	____	____
TREMFIX Emergency Roof Repairmastic	____	____
Chalking-Glazing Compound	____	____
TREMCO 102 Texture Coating	____	____
THIOKOL Chemical Corp.		
UF-1120	____	____
LEA Mfg. Co.		
Grip Master Cement	____	____
MATCOTE Co.		
No. 1-723 Light Gray Anti-skid	____	____
Reliance Universal, Inc.		
2200 French Provincial Wiping Stain	____	____
SC-150	____	____
Hamilton Materials, Inc.		
All Purpose Joint System	____	____

My Local Number is ______

I have worked with these products:

Number of times | Number of years

Cut along dotted line and send this portion of page to IBPAT.

Cancer-Causing Products (Cont'd.)

Southwestern Petroleum Corp.
Heavy Duty Roofing Coating
Manus Products Co., Inc.
Manus Bond Safety Step Non-slip Paint, Black
Philadelphia Resins Co.
5030 Resin
5030 Hardener
Lawrence-McFadden Co.
Wood Filler Paste
Deshler Products Co.
Glazing Compound
Quaker State Oil Refining Corp.
Quakercote Emulsion Type Undercoating
Quaker Coat Undercoating
Teledyne, Inc.
Pro Seal 700
Sherwin-Williams Co.
Sherwin Williams KEMAK (R) Hard Set
FlintKote Co.
Weatherproofing Compound C 13A
Intercoastal Paint Corp.
Metal Deadener #513
#758 Asphalt
Mortell Co.
Aluminum Roof Coating
627 Tough Film Mortex
Palmer Asbestos & Rubber Corp.
Palmer Mirro Mastic
Southern Protective Products Co.
Exterior Caulk 2541
Celotex Corp.
Plastic Elasticum
Barret Aluminum Roof Coating
Barret E22056 Wall Covering Cement
Elastigum Roof Coating
Flexigum Roof Coating
S.I.S. Cement
Weatherized Plastic Cement
Black Swan Manufacturing Co.
Stainless Putty
Armstrong Products Co., Inc.
Armstrong Epoxy Resin A-6 & Activator
Roach Paint Co., Inc.
#54 Acoustic R-200
Protective Treatments, Inc.
PTI 707 Architectural Sealant
E905
Dart Industries, Inc.
Nylode
Kalman Paint & Chemical Co.
K-361
K-326
K-682
K-92
Union Chemical & Oil Co.
MS Plastic
Winter Plastic
Perfection Model Products Co.
Perm-E-Lastic Glazing Compound
Chicago Mastic Co.
High Velocity 10-108
Ceramic and Quarry Floor Tilecement
Cellulo Co.
Celluflow
Chrysolite #5
Pittsburgh Corning Corp.
Unibestos
Babbitrite Products Co.
Babbitrite #30
Mortell Co.
Mack 2510-45
Coat Castrol Regal
American Abrasive Metals Co.
Falcon Expo-non Slip Coating
Expoxo Floor Coating-Orange
Magnolia Plastics, Inc.
8A Resin
8B Catalyst

Working With[...]rdo[...]

Eighty to 90 percent of all cancer may be caused by environmental factors, such as the chemicals a worker uses in his job. Each year since the close of World War II more and more untested chemicals have found their way into the products used in the paint trades. And each year the rates of cancer and respiratory disease are rising among painters. Time after time the "harmless" products of yesterday are found—too late—to contain chemicals killers. Today no product used in the paint trades should be considered safe. The only safe exposure is ZERO exposure. But to avoid all contact with the paint-trade chemicals is not realistic. All you can do is reduce chemical contacts enough to keep the odds in your favor.

Below are three methods. You won't be able to use these methods 100 percent of the time, but that doesn't mean you shouldn't be trying.

Avoiding contact with job-area chemicals pays off big in the long run with good health. To get this benefit, ask yourself every day, "Am I keeping my contact with the chemicals I use as low as possible?" Then use these three methods to improve your odds:

SUBSTITUTE—Find safer products to substitute for the hazardous products on the NIOSH list. Everyone is always searching for the best product for the job. For painters and allied tradesmen this has usually meant paint products that last longer, dry faster, look better or coat or clean quicker. Today the best product must also be selected for safety. Replace hazardous products with safer products whenever possible.

To select replacement products for ones on the NIOSH list, or when choosing new products for a job, make sure that you know what chemicals the products contain. If chemical contents are not listed on

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the product's label, or if only trade-names appear, ask your employer what the product contains. If your employer doesn't know, then you should write to the manufacturer. (If you feel you cannot ask your employer, write directly to the manufacturer.)

If the manufacturer is unwilling or unable to tell you what is in the product, then you should feel unwilling to work with the product until you know exactly what the product contains. There are those manufacturers who are willing to tell what their product contains, and there are those who aren't. We should support those who do with our purchases.

As a last resort, you can always write to IBPAT International Headquarters, to the attention of GP Raftery. Be sure to tell him about all your efforts to find out the facts.

In the near future, the Journal will carry a list of safe or safer substitutes. This list will be updated on a semi-annual basis and will use information provided by industry, government, the research of MSSM, our own research and your practical experiences with the products.

Remember: Just because a label lists no harmful chemicals, that does not mean the product contains no harmful chemicals. So, when searching for that substitute product, avoid those which are not clearly labelled by the manufacturer.

CONTROL—Often there is no substitute for a hazardous product. You must work with the product or not work at all. This may be the case with some chemicals on the NIOSH List. The obvious choice is to work. But this does not mean you must work unprotected.

Half of the battle of protection is already won when you are aware of the hazardous chemicals in the products you use. Once known, they can be controlled. Of course, the best advice is to treat all chemicals

Cancer-Causing Products (Cont'd.)

International Talc Co., Inc.
Cermitalc
Lommie Talc
Asbestine 325 (3X)
L & W Paint Products Co.
No. 999 Textured Vault Spray
Futane Plastics, Inc.
Epibond 122
Epibond 1210
Epocast 2-D
FlintKote Co.
C-13-C4 Hydralt 800-13
Timesaver Products Co.
Perma-Seal Caulking Compound
Knife Grade #26 Gray
Perm Seal Caulking Compound
James B. Day & Co.
Dayco Wood Filler Golden Oak
Carboline Co.
Carbozinc No. 11 Green 2G5416
Standard Oil Co. of Calif.
Aluminum Asbestos
W. R. Grace & Co.
Vulcatex P.G. Caulking Compound
Grow Chemical Corp.
Tropical RoofKoter
Roof Koter 732-00
Celotex Corp., Phillip Carey Co.
Carey Matic Heavy Trowel Grade Damp Resistant Coating
De Witt Products Co.
Liquid Asbestos Fiber Roof Coating
Asbestos Plastic Roof Cement
Pfizer, Inc.
Asbestine
Monosanto Co.
Santo Flex 13
Adhesive Engineering Co.
Concresive 1170 Parts A & B
2143 B Base
Concresive No. 4 Part A
Aerobond 2199 Part A
Laurence-David, Inc.
Celo-Set 400 Birch
Celotex Corp., Phillip Carey Co.
Noah's Pitch
Armstrong Cork Co.
Armstrong Tile Cement S-90
Insulmastic
Ablestik Laboratories
#166-5 Epoxy
Electric Paint & Varnish Co.
OEM Aluminum Roof Coating
Pecora Chemical Corp.
M242 Elastic Glazing Compound
PecoRa BC 158 Butyl Rubber
Pecora Black Special Mirror Mastic
Gray Metal Sash Putty
Johns-Manville Corp.
Plastic Roofing Cement
Aluminum Roof Coating
Insulkote Summer Grade
Plastiseal Expanding Joint Compound
Asbestos Fibrous Roof and Foundation Coating
PABCO Paint Corp.
White Hydroseal #559
Gilsonite, Inc.
Ready Coat Rain Patch 406 NTP
Marvin Corp.
#613 WB Wet Patch Plastic Cement
Mostell, Inc.
D-931 Undercoating
Ohio Sealants, Inc.
Wall Board Adhesive No. 36
American Elastomer Co.
AMELCO Adhesive

My Local Number is _____

I have worked with these products:

Number of times	Number of years

Cut along dotted line and send this portion of page to IBPAT.

My Local Number is ________
I have worked with these products:

Number of times | Number of years

Cancer-Causing Products (Cont'd.)

Standard Paint & Varnish
No. 165-101 C Stapon C Tank Coating Blue Base
No. 165-100 Stapon C Tank Coating White Base
Bitucote Products Co.
Bitucote Sealer
AM Adhesive Metals Co.
FEDROX Safety Floor and Deck Covering
NAPCO Corp.
PABCO Wet-patch Wet Surface Plastic
STEDI Products Co.
Fruehauf Adhesive Compound
Gibson Homan Co.
Hydroseal Black Cement
Overall Paint, Inc.
Mastic
Plastic Roofing Cement
R. A. Chemical Co.
V5233 Dulling Agent Top Coat
Southwest Grease & Oil
Quaker Koat Solvent Type Undercoating
Unicorn Chemical Coating, Inc.
Marineco Coatings-Aluminum and Mastic R-13
American Tar Co.
#164 Wet Patch

BENZIDINE CONTAINING PRODUCTS

Allied Chemical Corp.
Benzidine Base

CHLOROETHYLENE (Vinyl Chloride) CONTAINING PRODUCTS

Inmont Corp.
RBH 5411 Medium Chrome Green
RBH 5413 Chrome Yellow Paste
RBH 5414 Light Chrome Yellow
RBH 5415 Molybdate Orange
RBH 5430 Vinylite Paste Wachtung Red
Sherwin-Williams Co.
Topaz G77HC114
Union Carbide Corp.
Dynel
Reliance Universal, Inc.
Blue Strip 371-81
Lilly Industrial Coatings
No. 1268 Vinyl
C. P. Moyen Co.
VS 6001 Cement
B. F. Goodrich
Hycar 1204 X 11
Goodyear Tire & Rubber Co.
Chemvic-450
Sprayon Products
TL-500-6-10 Editor 2 Blue
TL-500 42-4 Sandstone Beige
TL-500 27-54 Dove Gray
TL-500 42-2 Lexicon Tan
TL-500 27-14 Olivetti Gray
TL-500-6-6 Medium Raphael Blue Laquer
TL-500-27-19 Praxis Gray
AMTECH, Inc.
Saran
B. F. Goodrich
Geon 222
Roymal Co.
Fixative Concentrate 1852

METHYLENEBIS (2-Chloroaniline—MOCA) CONTAINING PRODUCTS

Whittaker Corp.
Thixon B

4-AMINODIPHENYL CONTAINING PRODUCTS

Monsanto Co.
Santo Flex 13

Workin ith

as hazardous.

Control of exposure to harmful chemicals in the job-area begins with engineering devices, such as fans, ducts and baffles. These devices provide the next best protection to substitution by keeping the harmful chemicals from entering or collecting in the job area, where they would otherwise be breathed in by the lungs or absorbed through the skin.

A well-engineered job-area is the responsibility of the employer. The employer should insure that the job-area is engineered to reduce the workers' exposure to harmful chemicals. Exactly how far the employer must go toward insuring the control of exposure is not very clear, except with those chemicals for which OSHA regulations exist. All the chemicals in the NIOSH survey are OSHA-regulated and have permissible exposure levels. To exceed these levels breaks the law, which can cost the employer money. But other chemicals, some of which are known to be harmful are not regulated and nothing but the employer's regard for his workers, his foresight to future savings from safe job-areas or collective bargaining agreements can control their presence in the job-area.

If you believe you are being over-exposed to OSHA-regulated chemicals, you may ask for a job-site inspection from NIOSH or file a complaint with OSHA, who will need to test the air to resolve the complaint. But the best bet is to attempt to work with your employer in these matters to make the necessary tests and changes. First, NIOSH and OSHA inspectors are both over-worked and under-staffed. Second, many harmful chemicals are not OSHA regulated. Third, employers resent government intervention, so if you work with the employer instead of against him, you'll get more done. Filing for an NIOSH survey

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should be done in conjunction with your employer, wherever possible, and an OSHA complaint should be a last resort.

You can get some idea of your job-area exposure by asking yourself several questions. Is there a lot of mist and dust on the job? Can I see and smell impurities in the air? Do I have skin irritations, stinging eyes, sore throat? How about headaches, sleeplessness, excessive irritability? Do I cough, wake up with a bad taste in my mouth, have trouble breathing? All of these can give a clue to harmful exposures you may be suffering in your job area. Next assess your job area for engineering controls. Do you have exhaust fans, barriers, enclosures, ducts and baffles to control the exposures? If not, and you've already tried substituting less harmful chemicals, then you should have a talk with your employer about instituting engineering controls to lower harmful chemical exposures. Insistence on good working conditions is not too much to expect. And if you work with your employer, you can make many engineering controls economically feasible. The improvements of conditions will actually create greater efficiency among the workers to pay part of the bill.

Of course, engineering controls are not always adequate to reduce exposures, or, because of the nature of the work, are often impossible to implement. In these cases, personal protective equipment can help control over-exposure to harmful chemicals. Personal protective equipment is the least desirable method of controlling exposure, because it avoids the real problem of making the job area safe. But it is also the most common method of protection in the job area, because it is the most economic means of providing protection. On temporary construction jobs, this is a very important consideration, because engineering controls often can't be built into a job area that's only going to be around for a couple of months.

Some of the available personal protective equipment should be worn by workers even in well-engineered job areas. Such items as clean, well-mended work clothes with long sleeves, safety shoes, hard hats, safety glasses and work gloves provide an extra margin of safety when engineering designs fail, when the impossible suddenly becomes the possible or when direct contact by the worker with hazards cannot be controlled. These basics of personal protective equipment also pro-

(Continued on Page 11)

TWA, TLV: What They Mean

A job-area safe from harmful exposure to chemicals is the responsibility of the employer. The chemicals in the products listed by NIOSH are all regulated by OSHA, who has established maximum permissible levels of exposure. These permissible levels cannot be exceeded without breaking the law. Permissible levels are determined after much scientific investigation. Usually the more harmful a substance the lower the permissible level of exposure.

Permissible levels are expressed as the number of parts, fibers or grains per million or billion parts of air that can be safely tolerated by a worker over an eight-hour work day. Permissible levels are computed as Time Weighted Averages (TWA) and Threshold Limit Values (TLV) of exposure. In TWA's and TLV's air samples are gathered from in front of the worker's face, or in the immediate work area. These measurements determine the concentration of contaminants per cubic centimeter of air. The concentration is then divided by the number of hours worked in the day. TWA's and TLV's from job-area monitoring are compared with the permissible levels given in the OSHA regulations to determine if the work-area is unsafe. The regulations usually contain a peak exposure level beyond which no moment of the work day exposure can legally go.

For asbestos, the legal permissible level is two fibers per cubic centimeter of air TWA, with no single exposure to exceed 10 fibers per cubic centimeter. This means that you can work five hours in one day in an environment that contains two fibers per cubic centimeter of air, but you cannot work for 15 minutes in an environment that contains 11 fibers per cubic centimeter of air.

If you have reason to believe you are overexposed to any chemical, you can request NIOSH to monitor your work environment. Or you can file an OSHA complaint which will include monitoring. But the best bet is to attempt to work with your employer in these matters to make the necessary tests and changes. First, NIOSH and OSHA inspectors are both overworked and under-staffed. Second, many harmful chemicals are not OSHA regulated. Third, employers resent government intervention, so if you work with the employer instead of against him, you'll get more done. Filing for a NIOSH survey should be done in conjunction with your employer, wherever possible, and an OSHA complaint should be a last resort.

More Information on the Chemicals

ASBESTOS—Asbestos is a fibrous mineral that, like cotton, can be made into thread and cloth. Unlike cotton fibers, its fibers are as strong as piano strings. It is virtually indestructible—heat-proof, fireproof, and resistant to most chemicals. Because of these properties, it has found its way into more than 3,000 products, from potholders and children's toys to welding rods and industrial and household insulation. No factory or home is without asbestos, and almost no group of workers is without potential exposure.

Asbestos has long been recognized as a cause of cancer and other respiratory illnesses, such as asbestosis and chronic bronchitis (see the Journal, MSSM report).

Recently the U.S. Consumer Product Safety Commission announced plans to ban consumer patching compounds containing asbestos and asbestiform tremolitic talc. However, some consumer products and many industrial products which contain asbestos will still be used for years to come.

The concentration of asbestos in the work environment is established by OSHA regulation. No worker is to be exposed to more than two asbestos fibers for every cubic centimeter of air over an eight-hour day. No peak concentration of asbestos during the eight-hour day can exceed 10 fibers per cubic centimeter, and no sampling period can be shorter than 15 minutes.

To determine the exposure of a worker the hours spent working with the material is multiplied by the concentrations of the materials and is divided by the number of hours worked.

Often fiberous glass, rock wool, sodium silicate or polyurethane are substituted for asbestos. However a general rule seems to be that any substance with the properties of asbestos does not belong in your lungs. Consequently, asbestos substitutes should be handled with the same precautions as asbestos.

CHLOROETHYLENE—Vinyl chloride (VC), polyvinyl chloride (PVC) and chloroethylene are all basically the same chemical, and all cause cancer, often a rare and incurable form of cancer of the liver, hemongrosarcoma.

Between 1950 and 1970 vinyl chloride monomer and its polymer became the second most important plastic in production. It was commonly found in many plastic paints. Today only a few paints are known to contain vinyl chloride. Though the long-term results of exposure to vinyl chloride will not be seen among most of those who used the products until 1980, 1990 or the year 2000, a small sample of what might be in store for those exposed to excessive amounts of vinyl chloride is provided from a study of one production plant in Niagara Falls. The plant was one of the first opened to produce vinyl chloride. Altogether the study covered 257 employees who had worked five years or more in the plant. One out of eight developed the same liver cancer, hemongrosarcoma. In general this cancer is so rare that only one in 50,000 deaths are found in the general population.

The message: Vinyl chloride products should be avoided. By all means if you must work with them, or if you are not sure whether a paint you are working with contains a cancer causer or other harmful substance, by all means take proper corrective measures.

The TLV established by OSHA for chloroethylene is one part per million over 8 hours and five parts per million maximum permissible exposure for any 15-minute sampling period.

BENZENE—Benzene is a clear, noncorrosive, highly flammable liquid derived from oil. The petrochemical and petroleum refining industries produce 94 percent of the benzene in the United States, which is used chiefly as an intermediate in the production of other organic chemicals, including styrene, phenol, and cychlohexane.

Benzene has been known for more than a century as a powerful bone marrow poison. Long-term exposure to benzene causes anemia. It also causes luekemia. As early as 1928 benzene causing leukemia was documented. Yet the product continued to be used, becoming a very important chemical in the paint trades. Other chemicals can be substituted.

But benzene is an impurity that appears frequently in other thinners and solvents, such as toluene, xylene and styrene. As many as 150,000 workers may be exposed to benzene indirectly through these chemicals.

Just recently the permissible exposure level for benzene exposure has been lowered from 10 parts per million parts of air to one part per million, based on an eight-hour average. The new emergency standard also reduces the present maximum exposure level of 25 parts per million to five parts per million and eliminates the peak level of 50 parts per million for any 15-minute period.

Working With Hazardous Products (Cont'd)

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vides protection from yet-unknown effects of chemicals and materials that are not fully tested. With 25,000 untested chemicals now in use in various paint products, and the number growing each year, this protection is something that no worker can afford to be without. Also included in personal protective equipment are respirators, dust masks and air supplied hoods and other specialized protective gear from rubber gloves to ear plugs, which reduce the worker's exposure to harmful chemicals and substances that would otherwise damage his or her delicate lung tissue, skin and internal organs.

PREVENT—Even using safer substitute products in a well-engineered job area with full protective personal protective equipment will not prevent all harmful exposures to chemicals. Changes in the weather, changes in the efficiency of the equipment, personal susceptibility, permissible exposure levels that are too high, and any number of other factors work to keep protection less than 100 percent.

Over a number of years these exposures can add up to chronic illness and disease. You may not remember, you may never have known, but each of these exposures forms part of a link in your life that suddenly shackles you with an unwanted disease.

Working with hazardous chemicals is not a death sentence, but the likelihood of developing cancer or some other serious disease is greater for you than for someone who has not been exposed to these substances. Prevent any one link in the chain from forming and you can remain safe.

To stop smoking cigarettes is the simplest, most effective link-breaker. Many cancer-causing chemicals react with cigarette smoke to increase the risk of cancer and other respiratory problems far, far beyond the effect of either the chemical or the cigarettes alone. For example, asbestos-exposed workers who smoke have five- to 12-times the chance of getting cancer as asbestos-exposed workers who do not smoke. If you can't stop smoking, switch to cigars and don't inhale.

Regular check-ups are also very important. Every six months would be great. More realistically, once a year will do. The OSHA standards for workers exposed to some cancer-causing chemicals requires the employer to pay for the workers' check ups. For example, the asbestos standard requires employer-paid check-ups for employees every one to two years, depending on the level of exposures.

Even if you have to pay for your own physical, you should do it. Regular check-ups help you discover problems early. They also help you keep a record of your health while you work—just in case you need to apply for workman's compensation some day.

So there you are. To substitute, to control, and to prevent: three methods to use daily to improve your job conditions.

Substitute chemicals that are less harmful whenever possible; control the work environment to reduce exposure; and prevent illnesses by proper medical check-ups and living habits. If you follow these three rules, you will greatly reduce the risks associated with known and unknown chemical killers in your workplace. It is never too late nor too early to begin. So begin using these methods today.

OSHA's 'Common Sense' Approach Backed

A "common sense" approach to enforcement of federal job safety standards instituted by the Occupational Safety & Health Administration earlier this year has won the backing of the AFL-CIO.

The federation's Executive Council endorsed OSHA's efforts to step up enforcement in high-risk industries and give priority to health hazards, while reducing needless paperwork on record-keeping and reports of occupational injuries and disease.

But the council said it was opposed to the Labor Department's action exempting employers with 10 or fewer workers from recording job-related injuries and illness.

The council also expressed concern over reports that a multi-agency presidential task force would replace effective safety standards with "a retrogressive and destructive system" of fines and incentives for employers to abate hazards.

"The task force is loaded against OSHA," the council warned, because of its dual chairmanship and makeup.

Although the Secretary of Labor will be a co-chairman, so will the director of the Office of Management & Budget.

The council further noted that the Departments of Labor and Health, Education & Welfare—the two agencies responsible for the administration of the federal safety law—will be outnumbered. The other agencies are the Department of Commerce, Council of Economic Advisers, the White House Domestic Policy Staff, the Small Business Administration and OMB.

"There is nothing that this task force has been instructed to do that could not have been accomplished by OSHA under the common sense priorities program," the council stressed.