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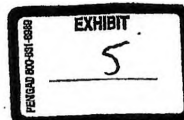
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INCO

← *Huntly  
Plant  
Manager*



10-22-35

Mr. A. S. Sheffettall

The following are a few of the pertinent facts gleaned from the Twenty-fourth Annual Safety Council, held in Louisville, Ky., Oct. 14-18, inclusive:

SILICOSIS

New York has passed a wide open occupational disease law. It follows as a matter of course that other states will do this same thing. Legislative action should be carefully watched. Points to closely scrutinize are as follows:

1. Occupational disease should be well defined.
2. Medical experts should pass on subject.
3. Definite periods of exposure.
4. Reporting promptly should be required.

Only disease problem peculiar to the State should be included. Occupational disease laws should always be kept separate from accident compensation laws.

Pennsylvania has the best silicosis law. (advise securing a copy.)

Political situation responsible for passing of occupational disease law and it is difficult to successfully oppose such laws. The best that can be done is to prevent wide-open laws being passed.

DUST CONTROL

There are four methods of dust control:

1. Substitution - steel for sand
2. Wet - it has its limitations
3. Isolation of dust operations
4. Exhaustion and Ventilation.

Use only respirators, etc., approved by the Bureau of Mines.

Remove men from job immediately if he shows any respiratory symptoms.

Prevention is most important.

The question of diagnosis was considered a very difficult one in most cases. A complete history and examination, including x-ray, is absolutely necessary. Quantitative urinalysis is a new and necessary feature of the examination now. Dr. Burke of New York is the only one mentioned that is able to make this test.

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## (Silicosis)

Most silicotic cases die of T. B. or some acute respiratory disease.

With rare exceptions, silicosis develops slowly, some ten, twenty or thirty years. In most of the cases discovered, it took a staff of experts to make the diagnosis. Silicosis is now the TREMENDOUS SUPER-HAZARD in occupational disease.

### HOW SILICOSIS OCCURS

Silicosis is caused by the breathing very small particles of dust. The particles too small to be seen are the most dangerous. They lodge in the lung tissue and through irritation cause the normal lung tissue to be replaced by fibrous or scar tissue. The chance of getting silicosis depends upon:

1. The amount of silica in the dust.
2. How long the worker has been exposed to the dust.
3. The smallness of the dust particle.
4. The concentration of the dust; that is, the number of particles in a cubic foot of air.

### SIGNS AND SYMPTOMS

The symptoms of silicosis are:

1. Shortness of breath.
2. Decreased chest expansion.
3. Inability to do as much work as before.
4. Increased susceptibility to tuberculosis.
5. Lung changes, as scar tissue, shown only by an X-ray picture.

No one symptom is sufficient to prove a case of silicosis, and no case is established without an X-ray picture. A person with advanced silicosis usually has tuberculosis also. In the opinion of most physicians, workers who have silicosis not complicated with tuberculosis may safely continue to work, provided the dust hazard is removed or controlled.

### PREVENTION

#### For Employers

1. The prevention of silicosis lies entirely in keeping the dust from getting into the air, and therefore, prevention is mainly an employers' problem.
2. Control dust at point of origin by use of local exhaust systems or wet methods, or a combination of both. Wetted dust may dry out and re-enter the air; therefore dust must be removed and disposed of.
3. General ventilation will help reduce silica concentration, which should never exceed 5,000,000 particles of pure silica (under 10 microns in size) per cubic foot of air.

(Silicosis)

4. Clean floors, walls, and benches regularly by vacuum, or wet brushing and sweeping, and preferably outside of working hours. Wet down foundry floors at frequent intervals.
5. Have sand-blasting done only with articles completely enclosed or protect workers by positive pressure masks (supplying clean air from outside source). Use respirators only in emergencies and for limited exposure.
6. Have medical examination, with lung X-rays, of your employees at intervals not exceeding 1 year. Remember that most workers with simple silicosis may safely continue at work if the dust hazard is removed.
7. Make dust surveys and analyses frequently to determine exactly the dust hazard in your plant. Do not take chances with the lives and health of your workers.

PREVENTION

For Workers

1. If your employer does not provide medical examinations (with lung X-rays), have it done yourself before undertaking work in silica dust, and thereafter at least once a year.
2. Take care of your health, and particularly do not neglect colds.
3. Do not fail to use the protective equipment supplied by your employer.