

20 Questions Exercise
What Is Silicosis And What Can It Do To You?

1. Silica is actually the common name for:
☐ a low level radioactive element used in concrete.
☐ a common mineral found in the earth's crust and a basic component of sand and granite.
☐ a chemically engineered product developed for use in the construction industry.
2. United States health officials first became aware of a link between silica and lung disease during a bridge construction in the 1930's.
☐ True
☐ False
3. The terms "crystalline silica" and "quartz" refer to the same thing.
☐ True
☐ False
4. Silica is recognized as a hazardous air contaminant in the workplace.
☐ True
☐ False
5. If air containing silica dust is inhaled, some of the small crystalline particles will remain for:
☐ 1 month.
☐ 1 year.
☐ 10 years.
☐ life.
6. OSHA's Permissible Exposure Limit for respirable dust containing crystalline silica is :
☐ 0.01 milligrams per cubic meter.
☐ 0.05 milligrams per cubic meter.
☐ 0.1 milligrams per cubic meter.
☐ varies based on the percent crystalline silica of the respirable dust sample.

7. Exposure to silica dusts on the job may increase your risk of getting which of the following diseases (check all that apply):
- ☐ lung cancer.
 - ☐ silicosis.
 - ☐ tuberculosis.
 - ☐ other cancers, including cancers of the esophagus.
8. In order to remove silica dusts from your clothing after spending the day performing abrasive blasting, make sure you:
- ☐ take your work clothing home and wash them immediately.
 - ☐ remove your work clothing before leaving work, shake them out well, place them in a 6 mil plastic bag, and take them home each day to wash.
 - ☐ take clothing to a commercial laundry for laundering at least once per week.
 - ☐ make sure you remove dirty work clothes in a "dirty" locker room and send to industrial laundry service, shower and change into clean street clothes in a "clean" locker room.
9. Who is at risk of getting silicosis (check all that apply):
- ☐ sandblasters.
 - ☐ miners.
 - ☐ foundry workers.
 - ☐ stone masons.
10. Silicosis is:
- ☐ nausea that often accompanies work around silica dusts.
 - ☐ a lung condition that silica workers can get only if they are cigarette smokers.
 - ☐ a lung condition that goes away as soon as a worker is no longer working around or exposed to silica dusts.
 - ☐ a lung condition, caused by crystalline silica particles scarring lung tissue, that can get worse by exposure to more silica dusts, but can never get better.
11. A worker exposed to silica dusts who does not smoke can not get lung cancer from their exposure to silica.
- ☐ True
 - ☐ False

12. Workers exposed to silica dusts who smoke greatly increase their chances of developing lung cancer.
- ___ True
- ___ False
13. Scientific and medical evidence now shows that silica workers who quit smoking will reduce their risk of developing lung cancer.
- ___ True
- ___ False
14. When referring to silica exposure, a “latency period” means:
- ___ the length of time during your working life that you have been exposed to silica dusts.
- ___ the average time between jobs involving silica exposure.
- ___ the time between when you are first exposed to silica dust and when the symptoms of silica related disease appear.
- ___ the time between when symptoms of silica related disease appear and when a final diagnosis of the disease is made by a physician.
15. Latency periods for silicosis can range from 5-30 years.
- ___ True
- ___ False
16. There are effective measures to eliminate or reduce the hazards of silica dusts and control silica exposure.
- ___ True
- ___ False
17. Common symptoms of silicosis include (check all that apply):
- ___ Initially there may be no symptoms.
- ___ difficulty breathing, persistent cough.
- ___ weight loss, night sweats.
- ___ fever.

18. You can save money by blasting with recyclable, non-silica abrasives.
- ___ True
- ___ False
19. Workers exposed to silica dusts should be medically monitored annually. Medical monitoring should include (check all that apply):
- ___ a baseline medical and occupational history.
- ___ pulmonary function testing.
- ___ an evaluation for tuberculosis.
20. The only respirator approved for abrasive blasting with silica sand is the type CE abrasive blasting respirator operated in the positive pressure mode.
- ___ True
- ___ False