

8 Tips to Prevent Asbestos Exposure in Farmworkers

1

Take care around older buildings, equipment and vehicles.

Although most asbestos manufacturing ended in the late 1980s, many older buildings and farming equipment still contain asbestos.

2

Don't try to remove asbestos on your own.

Most types of asbestos are friable and break easily when disturbed. Consult an asbestos abatement specialist who can perform testing and safely remove asbestos.

3

Use only properly fitted NIOSH-approved N100 or P100 respirators as protection from asbestos inhalation.

Do not use basic paper or fiber dust masks, handkerchiefs or lower-grade air respirators, which provide little to no protection from asbestos fibers.

4

Wear appropriate protective clothing if there is a chance you might encounter asbestos.

Asbestos fibers can stick to your clothes and potentially be inhaled or ingested. Make sure your mask is fitted properly.

5

Wet or cover asbestos-related debris to minimize dust.

The best preventative measure is to not disturb asbestos materials, but if materials must be handled, wetting asbestos fibers makes them less likely to become airborne.

6

Get in touch with your doctor as soon as possible if you've been exposed to asbestos.

Updating your medical history is important in case you develop symptoms later. Cancers such as mesothelioma can take 20-60 years for symptoms to show.

7

Thoroughly shower and wash after being in an area with asbestos to remove any dust and fibers that could become airborne.

Workers with fibers attached to their hair and skin can transfer asbestos through a hug or other contact.

8

Properly dispose of your clothes or wear disposable coveralls when handling asbestos materials.

Washing clothes covered in asbestos dust or tiny fibers can lead to exposure for you and your family members.