

August 2019 / 2019年8月

8 KEY THINGS FOR WORKERS TO KNOW / 8項員工關鍵須知

Controlling silica dust in the workplace / 工作場所的矽塵控制



- Silicosis is a permanent lung disease.
- Workers manufacturing engineered/artificial stone kitchen benches have died from silicosis.
- Silicosis is caused by breathing tiny particles of respirable crystalline silica (RCS) dust into the lungs.
- RCS dust is created when materials containing crystalline silica are cut, ground, drilled, sanded, or polished.
- **Silicosis is preventable.**
- 矽肺病是一種永久性肺病。
- 生產合成/人造石質廚房臺面的員工有死於矽肺病的先例。
- 矽肺病是由於肺部吸入微小結晶矽塵引起的。
- 切割、研磨、鑽孔、打磨或拋光含有結晶矽的材料時，會產生可吸入結晶矽塵。
- 矽肺病是可以預防的。

RCS dust can be eliminated by using products that do not contain silica. For example, metallic shot, slag products, or grit instead of sand for abrasive blasting.

使用不含矽的產品可以消除可吸入結晶矽塵。例如：噴砂時使用金屬噴砂、礦渣產品或粗砂，而不是細砂。

There are some things your business/employer can do to minimise the risks of silica dust:




您的企業/僱主可以採取一些措施來盡量減少矽塵產生的風險：

Substitution 替換	1 Use natural stone like marble and limestone. These have a much lower silica content than engineered/artificial stone (as low as 2% compared to 90%). 使用天然石材，如大理石和石灰石。這些石材的矽含量遠低於合成/人造石(低至2%，而後者含量達90%)。	
Dust control 防塵	2 Control dust by on-tool water suppression and/or on-tool extraction and using an H-class HEPA-filtered vacuum cleaner when cleaning up. 通過噴水工具抑制和/或吸塵工具控制粉塵，並在清理時使用H級HEPA吸塵器。	
	3 Choose equipment and machinery with good dust control and dust collection systems. If in doubt, contact the manufacturer. 選購具有良好防塵功能和集塵系統的設備和機器。如有疑問，請與生產商聯繫。	

Administrative control 防塵措施管理	4	<p>Schedule potential high-exposure work for times when there are fewer workers and others around (eg breaks or after normal working hours).</p> <p>在員工和其他人較少的時間(例如:休息或正常工作時間之後)安排接觸粉塵較多的工作。</p>	
Personal protective equipment (PPE) 個人防護裝備	5	<p>Provide PPE (eg overalls, gloves and suitable respiratory (breathing) protection) in accordance with the Standards and ensure workers know how to wear, use and store it correctly. Ensure workers are fit tested for any respirator they wear that requires a seal against the face.</p> <p>根據標準提供個人防護裝備(例如:工作服、手套及合適的呼吸保護裝置)並確保員工瞭解正確佩戴、使用和存放裝備的方式。確保員工對其佩戴的呼吸器進行面部密封的測試。</p>	

There are some things you, as a worker, can do to minimise the risks of silica dust:

作為員工,可以採取一些措施來盡量減少矽塵產生的風險:

Personal protective equipment (PPE) 個人防護裝備	6	<p>Wear, use and store PPE correctly and let the business know if it no longer works (eg if it no longer fits properly or is broken). When wearing a respirator that requires a seal against the face, you must be clean shaven to ensure it fits properly, because facial hair or stubble will adversely affect the seal.</p> <p>正確佩戴、使用和存放個人防護裝備,並通知企業有關失效的裝備(例如:不再密封或已破損)。當佩戴需要密封面部的呼吸器時,必須剃淨鬍鬚以確保其正確貼合,因為面部鬍鬚會影響密封。</p>	
Personal hygiene 個人衛生	7	<p>Leave dust-covered work clothes at work to be cleaned. Do not wear them home.</p> <p>員工應把沾滿粉塵的工作服留在工作場所進行清洗。不要在家中穿戴。</p>	
Personal hygiene 個人衛生	8	<p>Wash hands before eating, drinking or smoking. Wash up before leaving work at the end of the day.</p> <p>在進食、飲水或吸煙前洗手。在一天結束,離開工作前清洗乾淨。</p>	

If you have concerns about exposure to silica dust, talk to the business/employer, Health and Safety representative, or other representative.

如果您擔心接觸矽塵,請諮詢企業/雇主、健康與安全代理或其他代表。