

Some workplace hazards have an immediate effect, causing an injury or illness you can't miss. Others, such as asbestos, take many years to do their damage.

As insulators, firestoppers and carpenters we have encountered Asbestos probably more than any other trade in the construction industry. Some of those at Hudson Bay may have even installed it years ago or began their careers doing abatement on this deadly material and if you have been in our industry long enough you probably know someone who has succumbed to the lethality of asbestosis or mesothelioma.

Asbestos is a naturally occurring mineral used for fireproofing and many other applications. It is mined from rock in the form of a fiber that can be spun or woven into fabric and other products. Asbestos does not burn. It is flexible, strong, resistant to chemical damage, an insulator against heat and inexpensive. It was known as the "miracle mineral" and its many qualities led to widespread use before the serious health effects were common knowledge.

When asbestos or asbestos-containing materials break apart, they release tiny fibers that can be breathed in. These fibers lodge in the lungs where they set off a serious illness.

Asbestosis is a chronic respiratory condition. The inhaled fibers irritate the lung tissues and cause scarring. Symptoms include shortness of breath and a crackling sound in the lungs when inhaling. The disease is disabling and usually fatal. Workers who have renovated or demolished buildings containing asbestos may be at risk.

Lung cancer is the cause of most deaths from asbestos exposure. Mining, milling, manufacturing and use of asbestos and asbestos products puts the worker at risk. Symptoms include a cough, change in breathing and shortness of breath. Smoking in combination with asbestos exposure increases risk of lung cancer.

Mesothelioma is a rare form of cancer, usually occurring in the thin membrane lining of the lungs, chest, or abdomen. It is almost always linked to asbestos exposure.

To protect yourself from exposure, you need to know where asbestos is likely to be found on the jobsite. Head warning signs and markings. If in doubt, ask a superintendent or a foreman or a member of the Hudson Bay Safety Team.

Remember This!

Hudson Bay Insulation employees are not to remove or purposely make friable any known or suspected asbestos containing material. If you think it is Asbestos, leave the area and contact your supervisor.





Tool Box Talk/Safety Meeting Sign In Sheet

Energy Efficiency Specialists™

Email to chris@hudsonbayins.com or safety@hudsonbayins.com or text to (206) 730-6273

Topic: _____ Date: _____

Discussion Leader: _____ Job Name: _____

	Employee Name	Employee Signature
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Employee Comments, Concerns, Suggestions or Recommendations to improve workplace safety & health:

Please submit this document immediately upon completion of the meeting to the safety department and retain the original copy of this document in the Safety & Risk Management Plan.