



Ballast Dust and you

On track for the future



Between us we have a **responsibility** to prevent harm to anyone involved in our operations, through reduction in accidents and exposure to longer term **health**.

This presentation, along with the reminder card you will have been given, explains the hazards posed by silica in **ballast dust**, the actions we are taking to reduce exposure, and the responsibilities we all have to protect our own health.



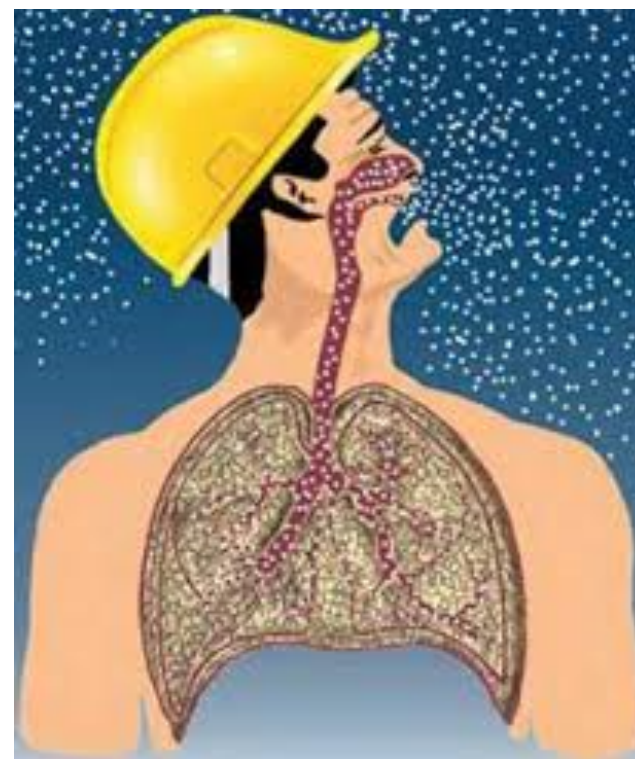
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What is the risk?

Ballast dust poses two risks to you:

1. Short term breathing difficulties
2. Long term lung damage - ***silicosis***





What is *silicosis*?

Silica (quartz) dust occurs when ballast is moved.

It can't be seen by the human eye.

If the dust is inhaled over a long period of time it can cause permanent lung damage.

Silica dust can cause cancer.



What are the symptoms?

- Shortness of breath
- Persistent cough
- Fatigue
- Loss of appetite and weight loss
- Chest pain
- Fever



Background

Silicosis is the most common occupational lung disease worldwide.

Silicosis resulted in 46,000 deaths worldwide in 2013.

Silicosis has been known for centuries though it has increased with increased mechanisation.

It means we can create more dust now.



Planning

We plan work to minimise the exposure to dust by:

- Cleaning ballast wagons
- Washing ballast
- Lowering ballast before dropping it
- Using dust suppressants such as water
- Maintaining an exclusion zone



PPE

Where ballast dust is still present, PPE must be worn.

Correct PPE is a FFP3 grade dust mask.

Colas Rail will issue dust masks on all sites.

Where risk assessed, additional PPE will be provided.



WEARING PPE IS YOUR RESPONSIBILITY.



Face Fit Testing

You must have been face fit tested to make sure your PPE fits.

If you have a beard or facial hair, make sure you have a good seal between your skin and PPE.



If you are unable to create a good seal – **report it** to the person in charge.



Control measures

If you are not working directly with ballast then **move clear** of that area.

If you are in charge of the work instruct those who don't need to be there to **move clear**.

If you work with ballast, always wear the **PPE** provided.

If you are in a machine cab, keep the doors and windows **closed**.

Check your PPE is in good working condition.

Keep PPE **clean** and replace where necessary.



Close calls

Close calls are a way we hear of things we need to improve.

If you see someone not wearing a mask – **report it.**

If you have difficulty in getting or using a mask – **report it.**

We can do something about it.



Worksafe

If you believe it is unsafe, you should **stop work** and report it.

Colas Rail will:

- Investigate it
- Correct anything if required
- Feed back to you





For more details please contact
your line manager or safety
advisor.

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