

# em8

## asbestos essentials

### Non-licensed tasks

This information will help employers, including the self-employed, comply with the Control of Asbestos Regulations 2006, to control exposure and protect health.

It is also useful for trade union representatives.

**Asbestos fibre causes lung cancer and lung diseases.**

**This sheet describes how to decontaminate yourself after any work with asbestos materials.**

**Personal decontamination is easier when you wear the correct personal protective equipment (PPE).**

**Failure to decontaminate yourself properly means that you may take asbestos fibres home on your clothing and expose your family and friends.**

#### Main points

- Read the safety checklist on the task sheet.
- You must be trained to work safely with asbestos materials.
- You must be trained to use PPE and RPE properly.
- Remove your respirator as the last item of PPE

# Personal decontamination

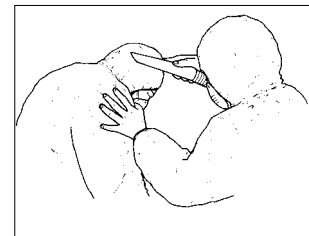
## Equipment and method sheet

### Procedures

#### *Removing and decontaminating personal protective equipment (PPE)*

Caution: Remove your respirator last.

- Clean your boots with wet rags - see sheet em7.
- Where available, clean your overalls with a type H vacuum cleaner.
- Otherwise, use wet rags by a 'patting' action. Rubbing can disturb fibres.
- Clean waterproof clothing with wet rags.
- Where there are two workers, they can help to clean each other.
- Peel off disposable overalls. They should be inside out and then placed in a suitable asbestos waste container.
- Finally, remove your disposable respirator and place it in the asbestos waste container
- Tape the container closed.



*'Buddy' cleaning using a Type H vacuum cleaner*

#### *Personal decontamination*

- Can you use site washing facilities? If so, restrict access by other people during asbestos work.
- Wash every time you leave the work area.
- Use wet rags to clean the washing facilities at the end of the job.
- Clean the facilities daily if the job lasts more than one day.
- Inspect the facilities visually once the job is finished.
- Clearance air sampling is not normally needed for washing facilities.

### Useful links

- HSE priced and free publications are available from HSE Books  
Tel: 01787 881165 Website: [www.hsebooks.co.uk](http://www.hsebooks.co.uk).
- British Standards are available from BSI Customer Services, 389 Chiswick High Road, London W4 4AL Tel: 020 8996 9001 Fax: 020 8996 7001  
e-mail: [cservices@bsi-global.com](mailto:cservices@bsi-global.com) Website: [www.bsi-global.com](http://www.bsi-global.com).
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