

em8

asbestos essentials

Non-licensed tasks

This information will help employers and the self-employed to comply with the Control of Asbestos Regulations 2006.

It is also useful for trade union and employee safety representatives.

Remember:

- Asbestos fibres can cause lung cancer and lung diseases.
- You must be trained to work safely with asbestos materials.
- You must be trained to use PPE and RPE properly.
- Remove your respirator last.

Personal decontamination

Equipment and method sheet

What this sheet covers

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).

You need to decontaminate yourself properly, otherwise you may take asbestos fibres home on your clothing and expose your family and friends.

Procedures

Removing and decontaminating personal protective equipment (PPE)

- Clean your boots with damp rags - see sheet em7.
- Where available, clean your overalls with the brush attachment on a Class H vacuum cleaner. Vacuum off the brush
- Otherwise, use damp rags by a 'patting' action. Rubbing can disturb fibres.
- Where there are two workers, they can help to clean each other.
- Peel off disposable overalls. They should be inside out. Put them in a suitable asbestos waste container.
- Bag up re-usable overalls for a specialist laundry.
- Finally, remove your disposable respirator and place it in the asbestos waste container.
- Tape the container closed.

Personal decontamination

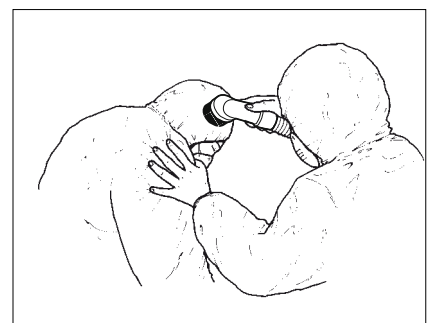
- Can you use site washing facilities? If so, they must be for your use only.
- Keep other people out during personal decontamination, and until you have cleaned the facilities.
- Wash every time you leave the work area.



Make sure you restrict access



'Buddy' cleaning using a Class H vacuum cleaner



MORE HELP

- **Licensed asbestos contractors, and training providers** - HSE's Infoline
Tel: 0845 345 0055
Textphone: 0845 408 9577
e-mail: hse.infoline@natbrit.com
and at www.hse.gov.uk/asbestos/licensing/index.htm
- **HSE priced and free publications** -
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- **More asbestos pictures** -
www.hse.gov.uk/asbestos/gallery.htm
- **Trade associations** - the Asbestos
Removal Contractors Association
(ARCA) Tel: 01283 531126
Website: www.arcaweb.org.uk, or the
Asbestos Control and Abatement
Division (ACAD) Tel: 01325 466704
- These equipment and method
sheets and task (a) sheets can be
downloaded free from [www.hse.gov.uk
/asbestos/essentials/index.htm](http://www.hse.gov.uk/asbestos/essentials/index.htm)
- See sheet a0 for details of more
guidance

- Use damp 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.

This guidance is issued by the Health and Safety Executive. Following the guidance is not compulsory and you are free to take other action. But if you do follow the guidance you will normally be doing enough to comply with the law. Health and safety inspectors seek to secure compliance with the law and may refer to this guidance as illustrating good practice.

This document is available at www.hse.gov.uk/asbestos/essentials/index.htm

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