

**KEEP**  
THIS GUIDE



ASBESTOS  
**YOUR QUICK GUIDE**

DON'T BE AN EASY TARGET



# Asbestos could be in the house or building you are working on right now.

Left alone, it isn't dangerous. However, once disturbed, tiny asbestos fibres are released which can prove lethal if breathed in, causing lung disease and cancer. If you don't take the right precautions to protect yourself you're risking your life and your livelihood.

**These cards can help you deal with asbestos on every job.**

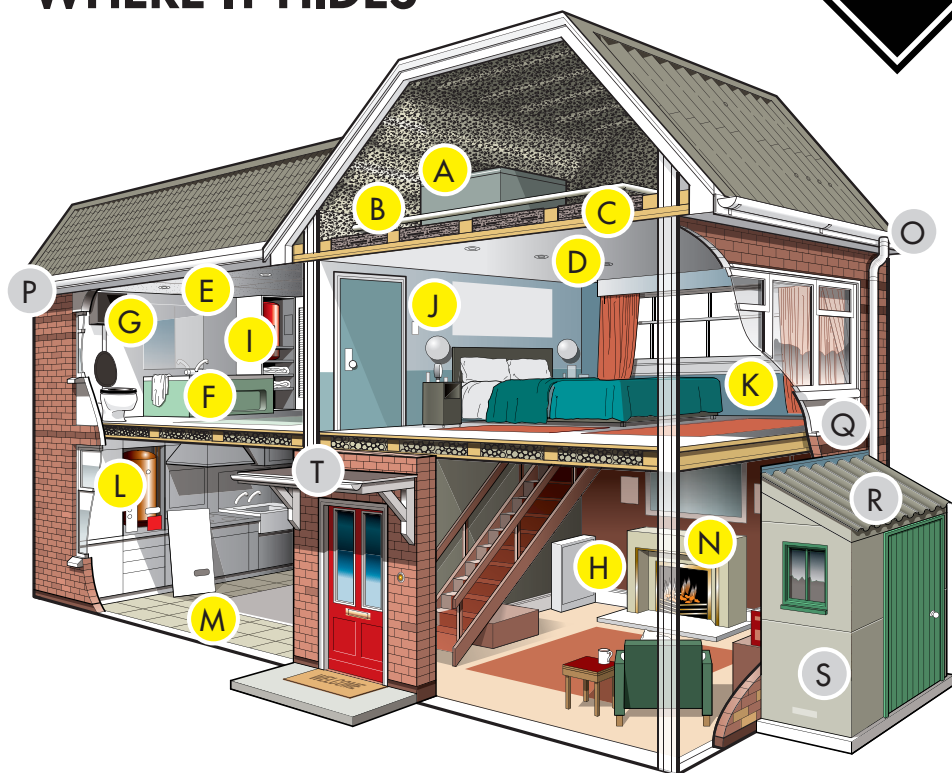
## DID YOU KNOW?

- ◆ 20 tradespeople, on average, die every week from asbestos related diseases
- ◆ Every tradesperson is likely to come into contact with asbestos at work
- ◆ Asbestos can be in any house or building built before the year 2000
- ◆ Asbestos remains in millions of homes, business premises and public buildings today
- ◆ When done regularly, even small jobs like drilling a hole can expose you to the danger



# ASBESTOS WHERE IT HIDES

EVERY JOB  
**BEWARE**  
ASBESTOS



## RESIDENTIAL PROPERTY

### Inside

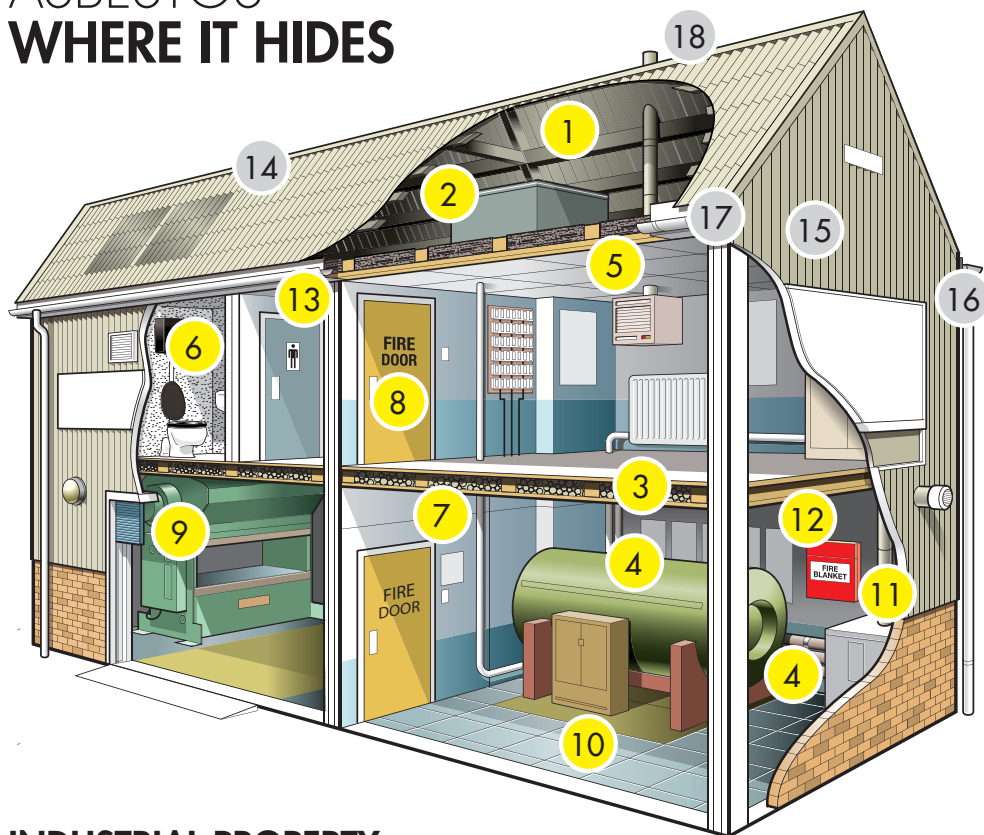
- A** Asbestos cement water tank
- B** Pipe lagging
- C** Loose fill insulation
- D** Textured decorative coating e.g. Artex
- E** AIB ceiling tiles
- F** AIB bath panel
- G** Toilet seat and cistern
- H** AIB behind fuse box
- I** AIB airing cupboard and/or sprayed insulation coating on boiler and hot water tank
- J** AIB partition wall
- K** AIB interior window panel
- L** AIB around boiler, storage heaters and warm air heating systems
- M** Vinyl floor tiles
- N** AIB behind fire

### Outside

- O** Asbestos cement gutters and downpipes
- P** Soffits – AIB or asbestos cement
- Q** AIB exterior window panel
- R** Asbestos cement roof
- S** Asbestos cement panels
- T** Roofing felt

AIB = Asbestos insulating board

# ASBESTOS WHERE IT HIDES



## INDUSTRIAL PROPERTY

### Inside

- 1 Sprayed coatings on ceilings, walls, beams and columns
- 2 Asbestos cement water tank
- 3 Loose fill insulation
- 4 Lagging on boilers and pipes
- 5 AIB ceiling tiles
- 6 Toilet seat and cistern
- 7 AIB partition walls
- 8 AIB panels in fire doors
- 9 Asbestos rope seals, gaskets and paper
- 10 Vinyl floor tiles
- 11 AIB around boilers, storage heaters and warm air heating systems
- 12 Textiles e.g. fire blankets
- 13 Textured decorative coating on walls and ceilings e.g. Artex

### Outside

- 14 Asbestos cement roof
- 15 Asbestos cement panels
- 16 Asbestos cement gutters and downpipes
- 17 Soffits – AIB or asbestos cement
- 18 Asbestos cement flue

AIB = Asbestos insulating board





# ASBESTOS

## SIMPLE WAYS TO PROTECT YOURSELF

It's really important that you take precautions to protect yourself against asbestos on every job, even the small ones that don't create much dust. Asbestos can be in places that you might not expect, so you could come into contact with it without knowing.

### REMEMBER:

- ◆ Think about the asbestos risk on every job
- ◆ All business premises and public buildings should have a plan showing any asbestos in the building, so ask to see it before you start
- ◆ If possible, plan the job to avoid disturbing any asbestos
- ◆ If it has to be disturbed, don't start work until you have double-checked how to do it safely and that you have the right information and training

**Three simple things** will help keep you safe when doing asbestos work.



**KEEP DUST  
DOWN**

+



**USE THE  
RIGHT KIT**

+



**CLEAN UP  
PROPERLY**



# ASBESTOS KEEP DUST DOWN

**Wetting materials with a low-pressure water spray before you start a job, and as you work, will reduce the amount of dust created.**

**Avoid wetting electrics.**

- ◆ Wet the materials with a mixture of eight parts water to one part washing-up liquid
- ◆ Use a garden sprayer or a hand held water spray to make damping down quick and easy
- ◆ Keep materials damp but not too wet
- ◆ Do not use a hose as this can be high-pressure
- ◆ Where possible, avoid using power tools that create a lot of dust
- ◆ Use plastic sheets to cover your work area to help stop the spread of dust



For simple guides on how to work with materials that contain asbestos, get the **FREE** Beware Asbestos web app at [www.beware-asbestos.info/02](http://www.beware-asbestos.info/02)





# ASBESTOS USE THE RIGHT KIT

**Wearing the right type of mask and overall is important because the wrong ones will not protect you from asbestos.**

- ◆ Wear a disposable, correctly fitted FFP3 face mask
- ◆ Type 5 disposable overalls will stop the tiny asbestos fibres getting on your clothes. Other types of overalls won't
- ◆ Don't reuse disposable overalls and masks – dispose of them safely as hazardous waste after you have finished the job. Don't take them home
- ◆ Wear the overalls one size too big as it will help prevent ripping at the seams
- ◆ Make sure you put the legs of the overalls over the top of your footwear – don't tuck them in as it lets in dust



For simple guides on how to work with materials that contain asbestos, get the **FREE** Beware Asbestos web app at [www.beware-asbestos.info/02](http://www.beware-asbestos.info/02)





# ASBESTOS CLEAN UP PROPERLY

**It's really important to clean up properly so that you safely remove and dispose of the asbestos waste.**

- ◆ Before you start the job, cover your work area with plastic sheets to make cleaning up easier
- ◆ Clean up as you go to stop waste building up
- ◆ Use a damp cloth to wipe down tools and surfaces to remove asbestos fibres
- ◆ Don't sweep up or use a domestic vacuum cleaner because this will spread the asbestos fibres into the air. Only a class H vacuum is suitable as this has a special type of filter
- ◆ Make sure all waste including masks, overalls, cloths and plastic sheets are double bagged in plastic sacks, sealed with tape and labelled as asbestos waste. Dispose of properly as hazardous waste at a licensed disposal site
- ◆ Contact the local tips in your area to find one that accepts asbestos waste



For simple guides on how to work with materials that contain asbestos, get the **FREE** Beware Asbestos web app at **[www.beware-asbestos.info/02](http://www.beware-asbestos.info/02)**







# ASBESTOS NON-LICENSED & LICENSED WORK

## WHAT IS NON-LICENSED ASBESTOS WORK?

Some materials are lower risk and you can work on them providing you take the right safety precautions – this is known as non-licensed asbestos work.

## WHAT IS LICENSED ASBESTOS WORK?

Some materials are too dangerous for you to work on. Only a licensed asbestos contractor must carry out these jobs – this is known as licensed asbestos work.

**⚠ Do not touch the following materials, they should only be worked on by a licensed asbestos contractor:**

- ◆ Asbestos loose fill insulation
- ◆ Asbestos sprayed coating, known as limpet
- ◆ Pre-formed insulation e.g. asbestos pipe lagging
- ◆ Asbestos insulating board (AIB) e.g. removing ceiling tiles or panels, where the job takes more than two hours from start to finish
- ◆ Large amounts of asbestos-containing debris or material e.g. clearing up after a fire, flood or water leak

To find a licensed asbestos contractor visit [www.hse.gov.uk/asbestos-licensing](http://www.hse.gov.uk/asbestos-licensing)

The following cards show how some common asbestos-containing materials can look.

For more examples visit [www.hse.gov.uk/asbestos-gallery](http://www.hse.gov.uk/asbestos-gallery)



## LOOSE FILL ASBESTOS INSULATION

- ◆ Found in wall and floor cavities and lofts

### DO NOT TOUCH

**Any work on loose fill asbestos insulation needs a licensed asbestos contractor.**

Find a licensed asbestos contractor at  
[www.hse.gov.uk/asbestos-licensing](http://www.hse.gov.uk/asbestos-licensing)





## LAGGING ON PIPES

- ◆ Asbestos insulation found on pipes
- ◆ Often painted over or protected by outer coating

**⚠ DO NOT TOUCH**

**Any work on asbestos lagging needs a licensed asbestos contractor.**

Find a licensed asbestos contractor at  
[www.hse.gov.uk/asbestos-licensing](http://www.hse.gov.uk/asbestos-licensing)





AIB soffit board



External AIB panelling

## ASBESTOS INSULATING BOARD (AIB) – EXTERNAL

AIB has many uses both inside and out. It can be found in many places on the outside of buildings including:

- ◆ Cladding
- ◆ Panelling around windows
- ◆ Soffit boards (roof overhang – sits behind fascia at eaves level)

**⚠ Work with AIB can easily release asbestos fibres. Because of this, work on any AIB material lasting more than two hours from start to finish, even if different tradespeople are sharing the work, needs a licensed asbestos contractor. No one tradesperson should work with AIB materials for more than one hour a week.**

Find a licensed asbestos contractor at  
[www.hse.gov.uk/asbestos-licensing](http://www.hse.gov.uk/asbestos-licensing)





AIB ceiling tiles



AIB bath panel

## ASBESTOS INSULATING BOARD (AIB) – INTERNAL

AIB has many uses both inside and out. It can be found in many places on the inside of buildings including:

- ◆ Partition walls
- ◆ Panels at the back of fire places
- ◆ Ceiling tiles
- ◆ Bath panels
- ◆ Fire door panels

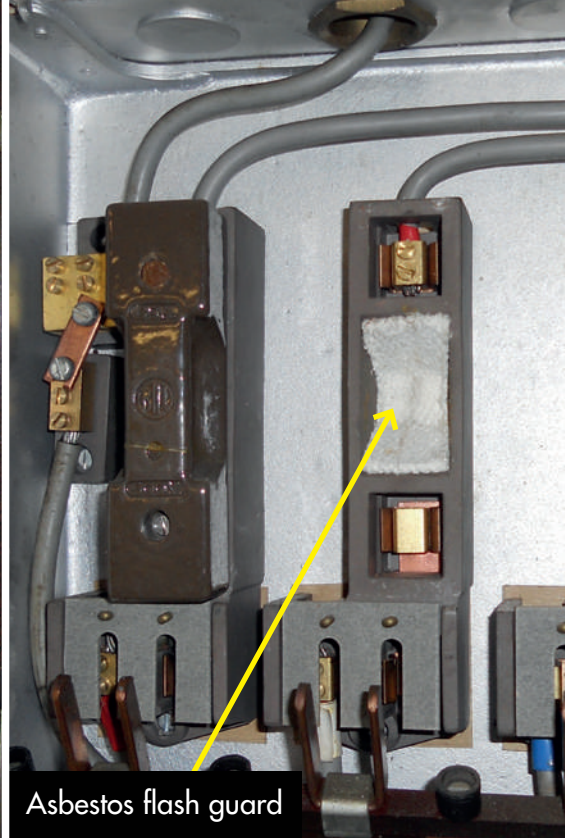
**⚠ Work with AIB can easily release asbestos fibres. Because of this, work on any AIB material lasting more than two hours from start to finish, even if different tradespeople are sharing the work, needs a licensed asbestos contractor. No one tradesperson should work with AIB materials for more than one hour a week.**

Find a licensed asbestos contractor at  
[www.hse.gov.uk/asbestos-licensing](http://www.hse.gov.uk/asbestos-licensing)





AIB back board



Asbestos flash guard

## GAS/ELECTRIC METER AND FUSE BOX

- ◆ Often found in halls and under stairs
- ◆ In old style fuse boxes each fuse wire may have an individual asbestos flash guard
- ◆ The back panel may also be asbestos insulating board (AIB)
- ◆ Meters may sit on an AIB shelf or be separated by an AIB partition

**⚠ Work with AIB can easily release asbestos fibres. Because of this, work on any AIB material lasting more than two hours from start to finish, even if different tradespeople are sharing the work, needs a licensed asbestos contractor. No one tradesperson should work with AIB materials for more than one hour a week.**

Find a licensed asbestos contractor at  
[www.hse.gov.uk/asbestos-licensing](http://www.hse.gov.uk/asbestos-licensing)





## TEXTURED COATINGS E.G. ARTEX

- ◆ Often found on walls and ceilings
- ◆ Never sand textured coatings



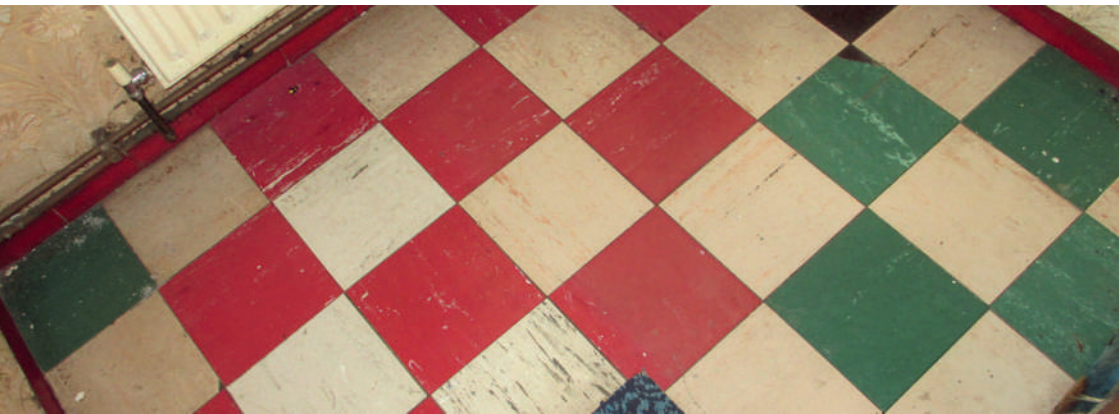


## TOILET SEAT AND CISTERN

- ◆ Can contain asbestos reinforced materials
- ◆ Where possible, remove in one piece without breaking up, so fibres cannot be released







## VINYL FLOOR TILES

- ◆ Vinyl floor tiles may contain asbestos
- ◆ The tile backing paper may also contain asbestos
- ◆ Where possible, remove in one piece
- ◆ Never sand the floor





Asbestos cement downpipe and corrugated asbestos sheet

## ASBESTOS CEMENT

Asbestos cement has many uses inside and out, and can be found in many places including:

- ◆ Water tanks, frequently found in older properties built before 1980
- ◆ Gutters and downpipes
- ◆ Wall panels
- ◆ Roofs
- ◆ Floors and paving
- ◆ Where possible, remove in one piece without breaking up, so fibres cannot be released





Asbestos cement panels and roof sheets



Asbestos cement water tank

## ASBESTOS CEMENT

Asbestos cement has many uses inside and out, and can be found in many places including:

- ◆ Water tanks, frequently found in older properties built before 1980
- ◆ Gutters and downpipes
- ◆ Wall panels
- ◆ Roofs
- ◆ Floors and paving
- ◆ Where possible, remove in one piece without breaking up, so fibres cannot be released





**For simple guides on how to work with materials that contain asbestos, get the FREE Beware Asbestos web app. It can help you:**

- ◆ Find out if asbestos is likely to be present
- ◆ Identify jobs that need a licensed asbestos contractor
- ◆ Protect yourself, your family and your customers

To get the web app today, go to **[www.beware-asbestos.info/02](http://www.beware-asbestos.info/02)**



The simple steps outlined in these cards are not enough to protect against all risks from asbestos. For more information visit [www.hse.gov.uk/asbestos](http://www.hse.gov.uk/asbestos)