

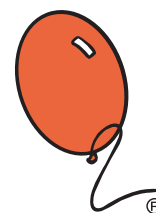
Be Asbestos Aware with our top tips



1. Asbestos containing materials in good condition are not a health risk and should be left alone
2. Never sand, drill or saw objects which may contain asbestos such as textured ceiling coatings, floor tiles or asbestos cement roofs
3. Common places where asbestos could be found include floor tiles, toilet cisterns, textured ceiling coatings, asbestos cement roofs, soffit boards and linings of boiler cupboards
4. Always seek professional advice from your local authority or an accredited asbestos removal company before thinking of removing asbestos materials
5. Always make sure you have the correct personal protection equipment including:
 - Properly fitted mask to the standards EN149 (type FFP3) or EN1827 (type FMP3)
 - Overalls and boot covers – most home improvement stores will stock these
 - If you are doing DIY in your own clothes, remove them carefully to avoid excess dust and wash straight away, separately from other clothing, in a washing machine. Make sure you use a mask whilst dealing with them
6. If you are working with asbestos materials always dampen down the surface to avoid producing dust
7. Don't smoke, eat or drink in the work area
8. If you disturb asbestos do not use a domestic vacuum cleaner as dust may pass through the filter – hire a special (Class H) industrial vacuum cleaner that complies with British Standards – Look up 'asbestos safety equipment hire' on the internet for where to find one
9. Do not put asbestos waste in the dustbin – seek advice from the council about how to safely dispose of it
10. For more information go to www.lunguk.org or call the British Lung Foundation helpline on **08458 50 50 20**.

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British Lung Foundation



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