

PROTECT YOUR FAMILY:

A Checklist for High-Risk Occupation Workers and Their Families

If you work in an industry where asbestos exposure is a risk, it's essential to take steps to protect your family. This checklist offers practical tips on how to prevent bringing asbestos fibers home and safeguard your loved ones from exposure.



Before Leaving Work

- Change Clothes at Work**
Remove your work clothes on-site to prevent carrying asbestos fibers into your home. If there are designated changing rooms, make use of them. Avoid bringing work clothes home if possible.
- Use Disposable or Washable Outerwear**
Wear protective gear that can be either disposed of or washed separately from your family's laundry.
- Shower at Work**
If your workplace has shower facilities, use them to wash off any potential asbestos fibers. This is the most effective way to reduce the risk of contamination.
- Separate Tools and Bags**
Keep your work tools and bags at the workplace to avoid carrying fibers into your personal vehicle or home.

Handling Your Work Clothes and Gear

- Do Not Mix Work Clothes with Family Laundry**
Always keep your work clothes separate from the rest of your family's laundry. Asbestos fibers can resist standard washing and transfer to other clothes, creating secondary exposure risks.
- Consider Using On-Site Laundering**
Advocate for on-site laundering services at work. This ensures that contaminated clothing is cleaned away from home and reduces the chance of exposing your family.
- Handle Clothes With Care**
If you must bring clothes home, ensure that you handle them with extreme caution. Always wash your hands after touching your work clothes, and avoid bringing them into living areas.

Daily Practices to Minimize Exposure

- Wash Your Hands Before Contacting Family**
After work, make it a habit to wash your hands thoroughly before hugging or interacting with your family to avoid transferring fibers.
- Avoid Close Contact Immediately After Work**
Hold off on hugging or close physical contact with family members until you have safely removed contaminated work clothing and washed up.
- Do Not Eat or Drink in Work Areas**
Asbestos fibers can settle on surfaces, and eating in potentially contaminated areas increases the risk of inhalation or ingestion. Stick to safe, clean areas.
- Consider Public Transport for Commuting**
If possible, use public transportation or a company shuttle to reduce the risk of bringing asbestos fibers into your personal vehicle. If driving is necessary, always change out of work clothes before entering your car.



Important Safety Reminders

- **Stay Informed:** Stay up to date on workplace asbestos regulations and work with your employer to ensure the highest level of safety.
- **Be Proactive:** Prevention is key. By following this checklist, you can greatly reduce the risk of secondary asbestos exposure to your family.
- **Educate Your Family About the Risks**
Make sure your family understands the dangers of asbestos and how they can help minimize exposure risks at home.

At Home: Housekeeping and Awareness

- Establish a Designated Area for Work Clothes**
Set up a designated area near the door for changing out of work gear to prevent fibers from spreading throughout the house.
- Regularly Clean High-Traffic Areas**
Use wet cleaning methods, such as wet mopping or wiping, to clean areas where contaminated clothing may have been, such as floors or entryways. Avoid dry dusting, as it can stir up asbestos fibers.
- Use Doormats and Wash Them Frequently**
Place doormats at entryways to catch dirt or fibers from outside. Make sure to wash the mats regularly to prevent contamination.

Communication and Safety at Work

- Request Safe Work Conditions**
If your employer doesn't already provide a safe place for changing and washing clothes, request these conditions. Occupational Safety and Health Administration guidelines require that employers provide a decontamination area to protect workers and their families from asbestos exposure.
- Report Unsafe Practices to Authorities**
If your workplace isn't following safety protocols, it's essential to report these issues to OSHA, which enforces regulations to protect workers from asbestos exposure.
- Advocate for Proper Personal Protective Equipment**
Ensure that you and your co-workers are equipped with the necessary PPE, such as respirators and protective clothing. Regular training on how to handle asbestos safely is also crucial.