



Are you ready for the OSHA Construction Silica Regulation changes?

1. Written Exposure Control Plan
 - Establish and implement a plan that identifies tasks that involve exposure and methods used to protect workers.

2. Competent Person
 - Designate a competent person to implement the written exposure control plan and ensure they have the training and knowledge to act as a competent person.
 - For Construction Silica Competent Person Training, information can be found 3M.com/silicacompetentperson

3. Housekeeping
 - Housekeeping procedures that limit employee exposure to respirable crystalline silica should be outlined in your written exposure control plan.

4. Medical Surveillance
 - Offer medical exams, (including chest x-rays and lung functions tests) every three years for workers who are required by the standard to wear a respirator for 30 or more days per year.
 - Keep records of workers' silica exposure and their medical exams.

5. Worker Training
 - Workers should be trained on the health hazards associated with silica, work operations that result in silica exposure and ways to limit exposure.

OSHA has issued a final rule, (March 2016 OSHA Respirable Crystalline Silica in Construction Regulation – 29 CFR 1926.1153) for US workers, limiting their exposure to respirable crystalline silica, a substance OSHA has stated can increase the risk of developing silicosis, lung cancer, and kidney disease. 3M has the expertise, resources, and PPE to help you as you work to meet the new exposure limit and help protect your crew.

Review complete OSHA silica regulations at www.osha.gov/dsg/topics/silicacrystalline/