



# The IOSH No Time to Lose campaign: a spotlight on asbestos

**#NTTLasbestos**

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Louise Hosking

IOSH President-Elect and No Time to Lose Ambassador

# No Time to Lose: campaign to prevent occupational cancer

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# Occupational cancer

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Global estimate



At least **742,000** people die every year from a work-related cancer – more than **one death every minute.**

Source: ILO, Ministries of Finland and Singapore, WSH Institute Singapore, Finnish Institute of Occupational Health (FIOH), ICOH and EU-OSHA

# Occupational cancer

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Research in Britain – first study of its kind



- **8,000** work-related cancer deaths a year
- **14,000** new cancer registrations each year are attributed to occupational exposure
- Just under half of deaths linked to occupational cancer are in the **construction industry**

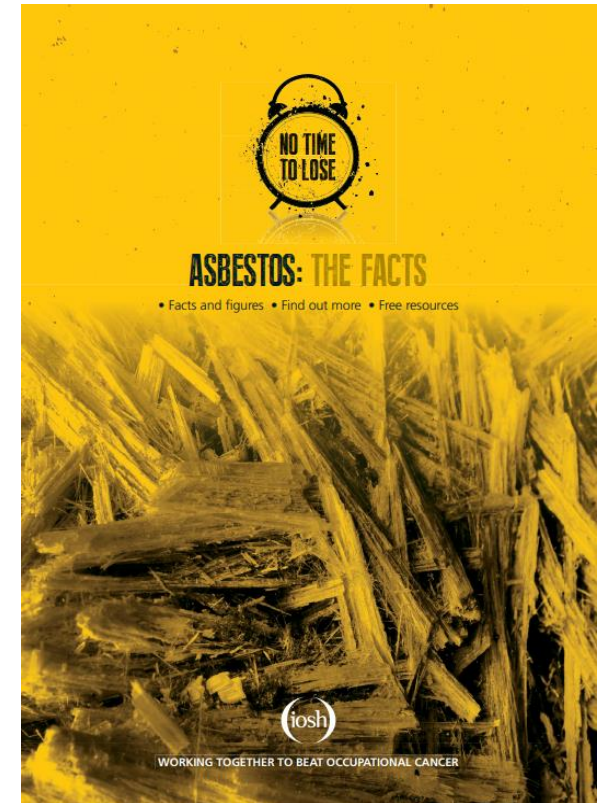
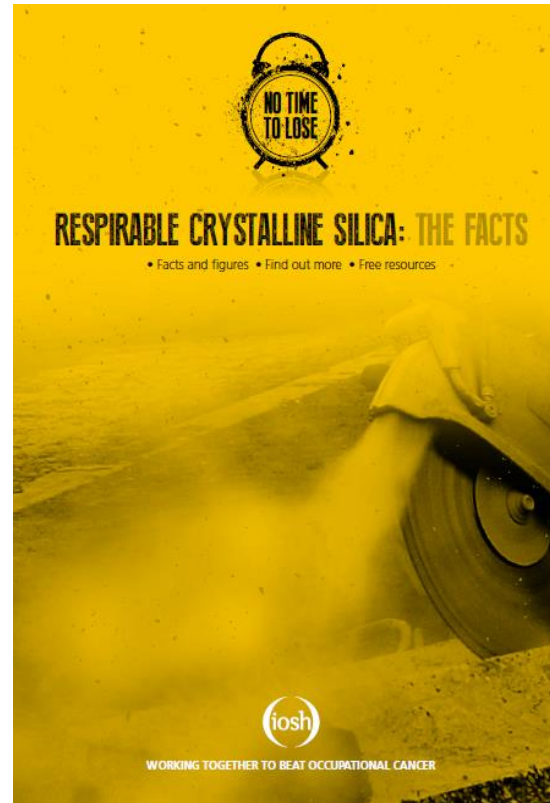
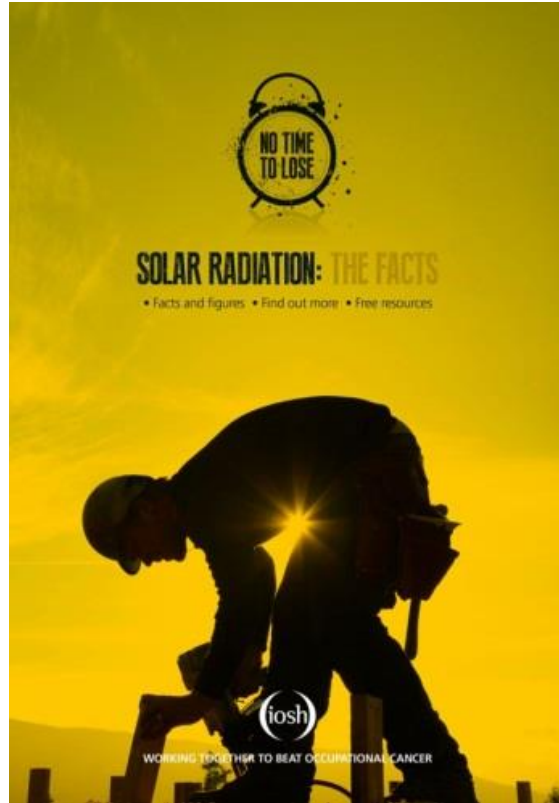
# The No Time to Lose campaign aims to:

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- **raise awareness** of a significant health issue facing employees
- offer businesses **free practical, original materials** to help them deliver effective prevention programmes
- **secure commitments** from organisations to improve preventative measures

# The four phases

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# Free practical materials

[www.notimetolose.org.uk](http://www.notimetolose.org.uk)

**FUMES – HELP YOU BREATHE MORE EASILY?**

**DIESEL ENGINE FUMES CAN KILL YOU.**

If you breathe in damaging diesel fumes day in, day out, you could get lung or bladder cancer. 450 people in the UK alone will die this year from cancer caused by diesel fumes at work. Don't let fumes be your death sentence – stick to the nozzles set up where you work.

**WORKING TOGETHER TO BEAT OCCUPATIONAL CANCER**  
The Institution of Occupational Safety and Health is campaigning to stop thousands of seriously ill, disabled and dead workers.  
[www.notimetolose.org.uk](http://www.notimetolose.org.uk)

**NO TIME TO LOSE**

**YOUR LAST BREATH?**

Diesel engine fumes can kill you.

[www.notimetolose.org.uk](http://www.notimetolose.org.uk)

**A WASTE OF BREATH?**

**DIESEL ENGINE FUMES CAN KILL YOU**

**CLOUD CUCKOO LAND?**

Up to 80 per cent of dangerous sun rays get through a cloudy sky.

Thinking that you can't get damaged by the sun on a cloudy day is just one of the many myths around ultraviolet radiation. Protect your skin, even when it's cloudy, or you could get skin cancer.

Skin cancer is the most common type of cancer in the world – it's also the easiest to avoid if you're at risk.

- Follow the rules about protecting yourself from sun exposure – ask your boss if you're not sure about anything.
- Check your skin regularly for the tell-tale signs of cancer – look at CASH.
- Check it out call for more info.

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[www.notimetolose.org.uk](http://www.notimetolose.org.uk)

**NO TIME TO LOSE**

**SKIN DEEP?**

Sun exposure can kill you.

[www.notimetolose.org.uk](http://www.notimetolose.org.uk)

**STAY SAFE IN THE SUN**

**DUST TO DUST**

**Silica dust can kill you.**

Each year in Britain, 500 people get lung cancer after breathing in dust from materials such as stone, mortar and bricks.

You make silica dust when you do things like drill, saw, cut, sand or grind stone, concrete, tiles, etc, some plastic composites and many other materials. Tiny amounts of this fine dust can damage your lungs permanently.

Keep dust down by using one of these every time:

- local exhaust ventilation on a fixed piece of equipment
- on tool collection device on a hand-held power tool
- water suppression

Protect yourself by wearing a respirator to stop unhealthy dust getting into your lungs.

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[www.notimetolose.org.uk](http://www.notimetolose.org.uk)

**NO TIME TO LOSE**

**DUST TO DUST?**

Silica dust can kill you.

[www.notimetolose.org.uk](http://www.notimetolose.org.uk)

**DUST DOWN**

**AsbeSTOP... and think**

Breathing in asbestos dust today can lead to fatal diseases later in life.

If you do accidentally disturb asbestos:

- stop work immediately
- move everyone away from the area
- do not remove equipment or materials
- close, seal or lock off the area
- put up warning signs
- report it
- call a specialist contractor to clean up

**WORKING TOGETHER TO BEAT OCCUPATIONAL CANCER**  
The Institution of Occupational Safety and Health is campaigning to stop thousands of seriously ill, disabled and dead workers.  
[www.notimetolose.org.uk](http://www.notimetolose.org.uk)

**NO TIME TO LOSE**

**ARE YOU PROTECTED?**

Asbestos dust can kill you.

[www.notimetolose.org.uk](http://www.notimetolose.org.uk)

**ASBESTOS DUST IS A KILLER...**

...and it's not going away



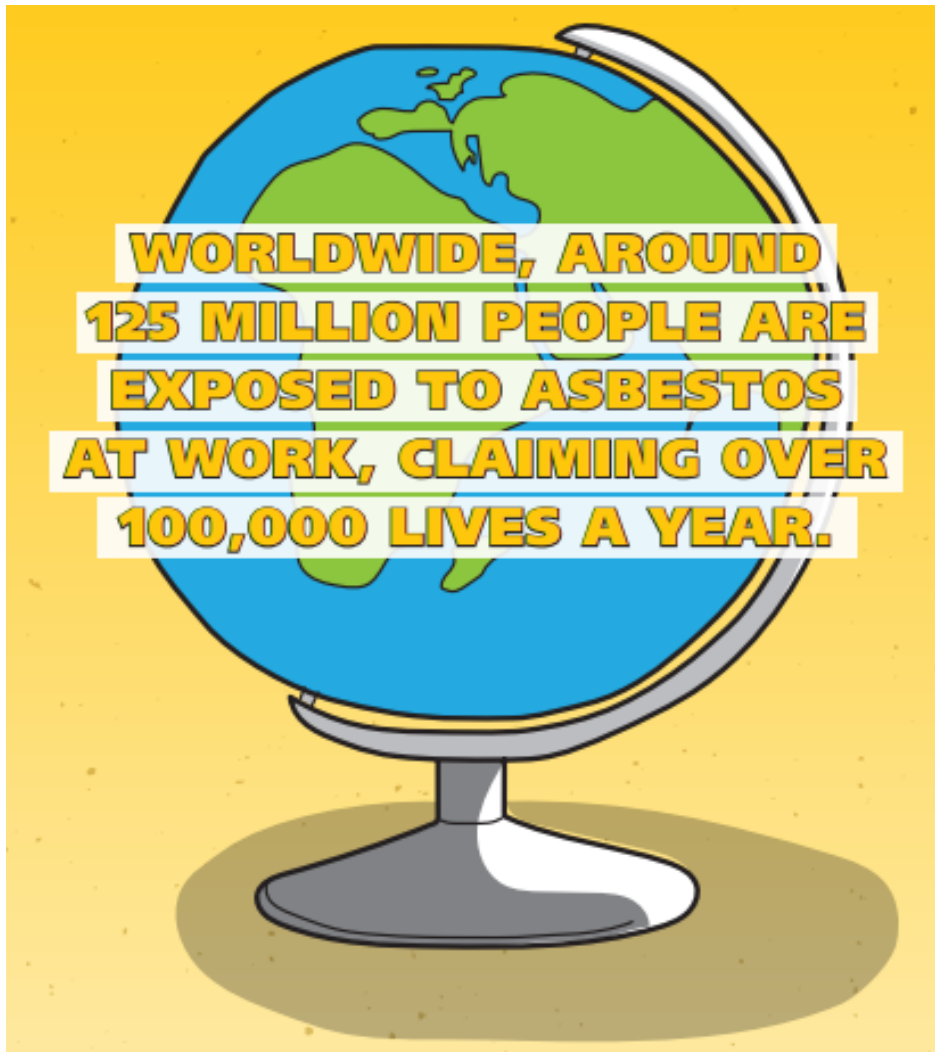
**Spotlight on cancer caused by  
asbestos exposure at work**



# Asbestos-related cancer

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## Global estimate



**125 million** people in the world are exposed to asbestos in the workplace.

It claims between **100,000 and 200,000** lives every year.

# Asbestos-related cancer in Britain

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At least **5,000 people a year die** from an asbestos-related cancer.

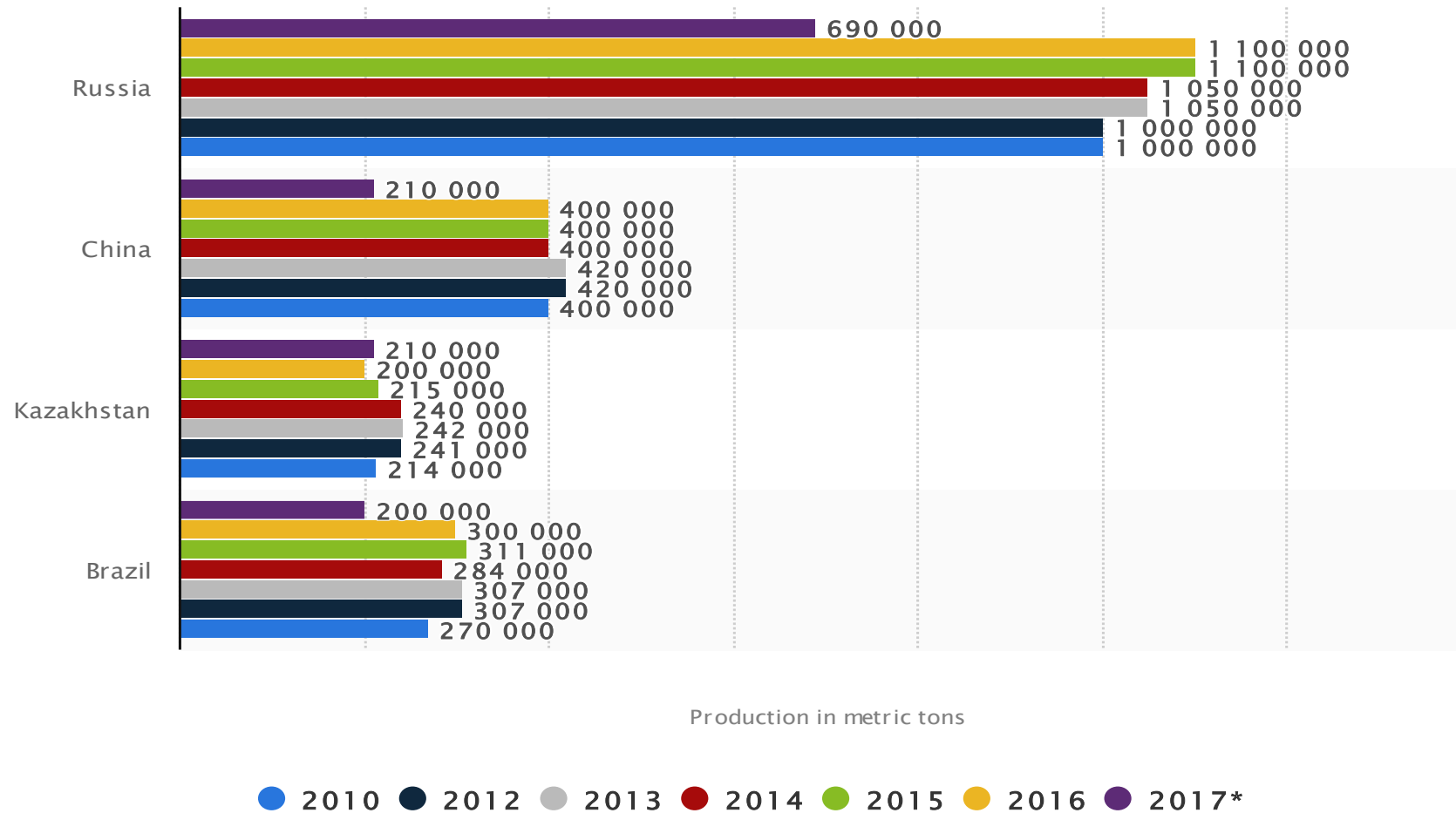
Around **20 trade's people die a week** from cancer caused by asbestos exposure.

# Where is asbestos banned?

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Algeria	Denmark	Ireland	Monaco	Slovakia
Argentina	Djibouti	Israel	Mozambique	Slovenia
Australia	Egypt	Italy	Netherlands	South Africa
Austria	Estonia	Japan	New Caledonia	Spain
Bahrain	Finland	Jordan	New Zealand	Sweden
Belgium	France	Korea	Norway	Switzerland
Brazil	Gabon	Kuwait	Oman	Taiwan
Brunei	Germany	Latvia	Poland	Turkey
Bulgaria	Gibraltar	Liechtenstein	Portugal	United Kingdom
Canada	Greece	Lithuania	Qatar	Uruguay
Chile	Honduras	Luxembourg	Romania	
Croatia	Hungary	Macedonia	Saudi Arabia	
Cyprus	Iceland	Malta	Serbia	
Czech Republic	Iraq	Mauritius	Seychelles	

# Asbestos production and use





# ASBESTOS SURVEY INSIGHTS

WORKING TOGETHER TO BEAT OCCUPATIONAL CANCER

[www.notimetolose.org.uk](http://www.notimetolose.org.uk)

Follow the campaign at [twitter.com/\\_NTTL](https://twitter.com/_NTTL)

IOSH commissioned Opinium to do a survey of 500 UK tradespeople to find out about their knowledge of asbestos

**15%**  
HAVE NEVER BEEN  
INFORMED ABOUT  
ASBESTOS RISKS



**ONLY THREE IN FIVE**  
HAVE THE RISKS  
REGULARLY  
REINFORCED

**ONLY TWO-THIRDS** OF RESPONDENTS  
RECOGNISE THE SIGNS OF LUNG DISEASE  
CAUSED BY ASBESTOS EXPOSURE



**NEARLY ONE IN FIVE**  
WOULDN'T KNOW  
WHAT TO DO IF THEY  
FOUND ASBESTOS



**A QUARTER**  
SAY THEY HAVE BEEN  
EXPOSED TO ASBESTOS;  
A FURTHER 42%  
SAY THEY MAY HAVE BEEN

*A third never check the asbestos register before starting work on a new site; with 15% of these not even been aware there is a register*

# What is asbestos?

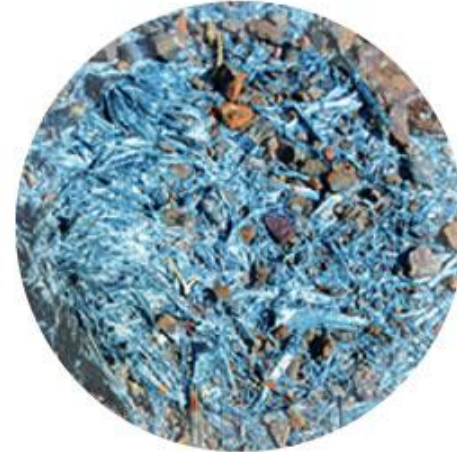
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Chrysotile



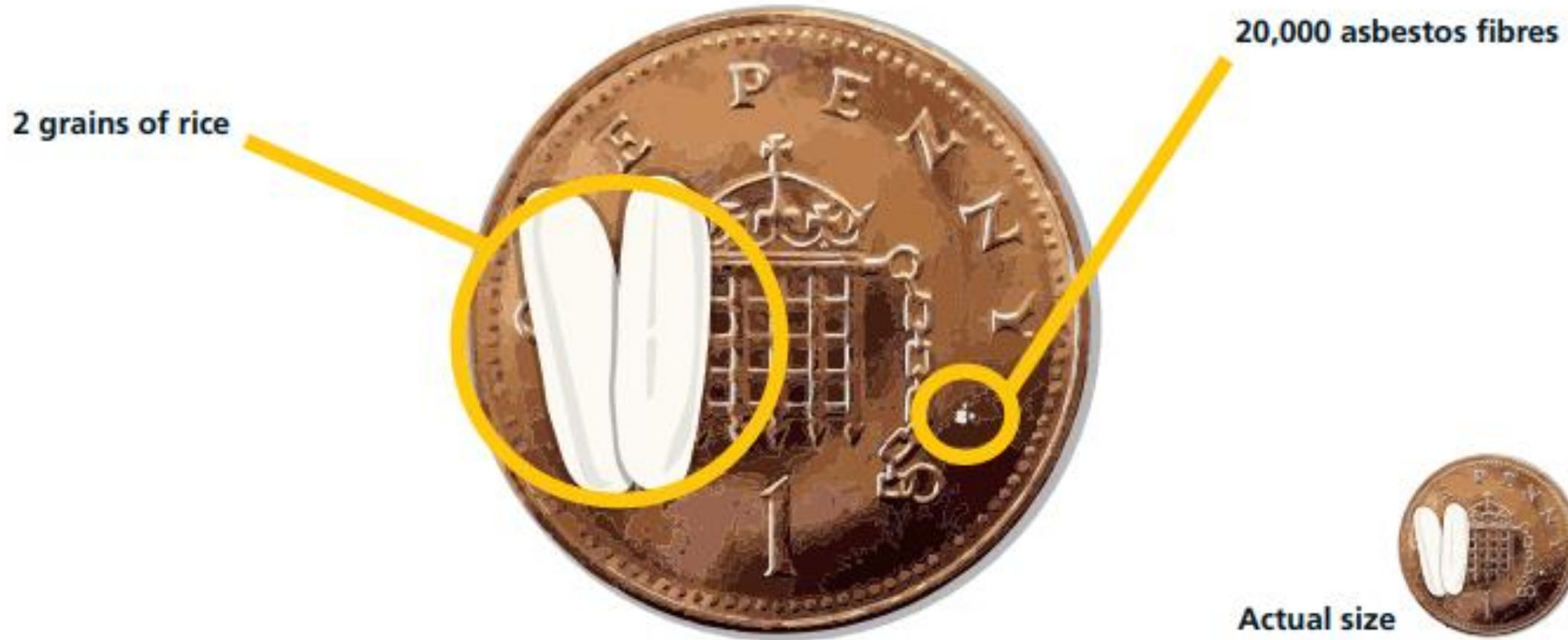
Amosite



Crocidolite

# How small is asbestos?

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# Where can asbestos be found?



ASBESTOS YARNS



FIBRE CEMENT



TEXTURED COATINGS AND PAINTS



REINFORCED PLASTICS



SPRAY COATINGS



LAGGING



ASBESTOS MILLBOARD AND PAPERS



FLOOR TILES, GASKETS, BITUMEN FELTS



INSULATION BOARDS



MASTICS, SEALANTS, PUTTIES AND ADHESIVES



# Who is at risk?

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MAIN RISK EMPLOYMENT AREAS	PEOPLE WHO COULD BE AT RISK
construction and building trades	carpenters and joiners, plumbers, heating and ventilating engineers, painters and decorators, floorers and wall-tilers
electrical trades	electricians, electrical and electronics engineers and telecommunications engineers
metal forming, welding and related trades	pipe fitters, metal plate workers, riveters, welders and sheet metal workers
vehicle trades	vehicle body builders and repairers, motor mechanics and auto engineers
metal machining, fitting and instrument-making trades	metal working production and maintenance fitters, precision instrument makers and repairers
shipping and rail trades	shipyard workers, shipwrights, ship and railway carriage builders and engineers
others – while much lower in risk, there is evidence of asbestos-related diseases in other occupations	caretakers, fire fighters, school teachers, farmers, car, rail and aviation hobbyists

**Sole traders and young people are at high risk of exposure to asbestos.**

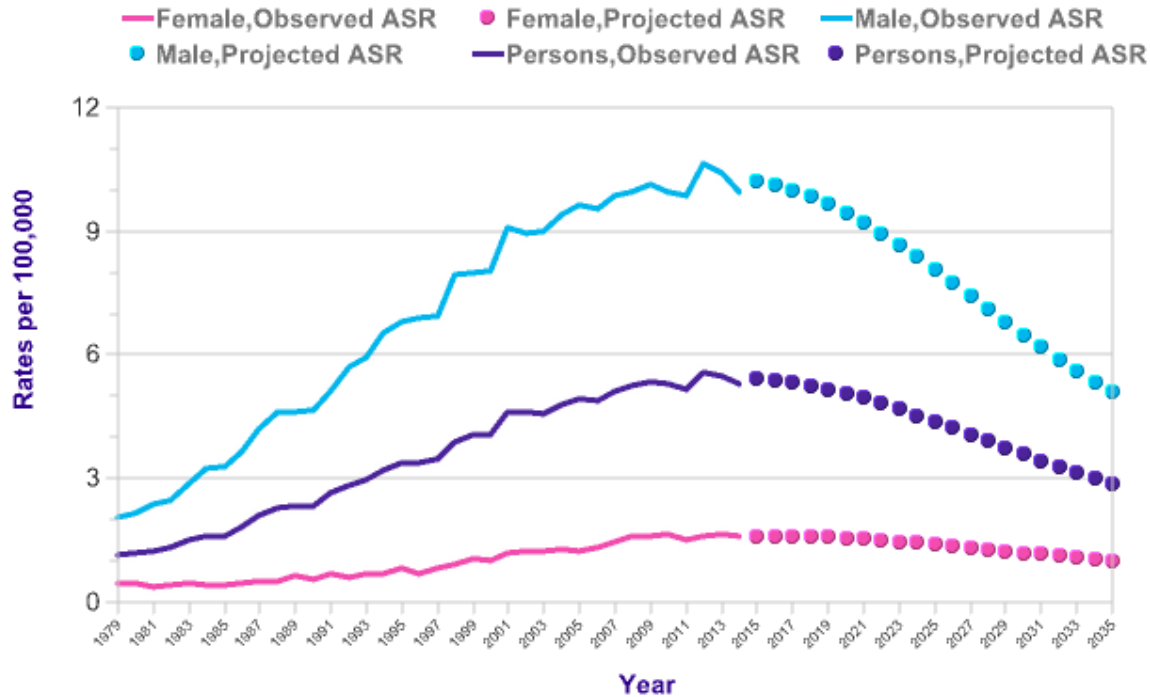
# The health risks

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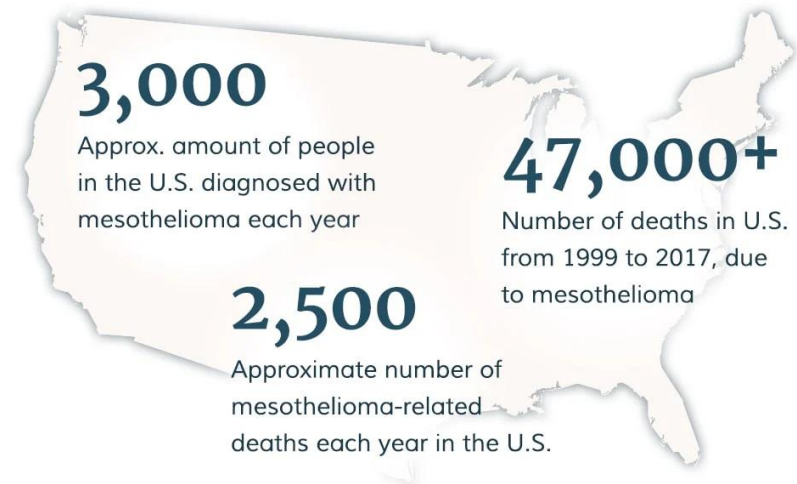
- Pleural plaques
- Pleural thickening
- Asbestosis
- Lung cancer
- Mesothelioma



# Number of Mesothelioma deaths in Britain



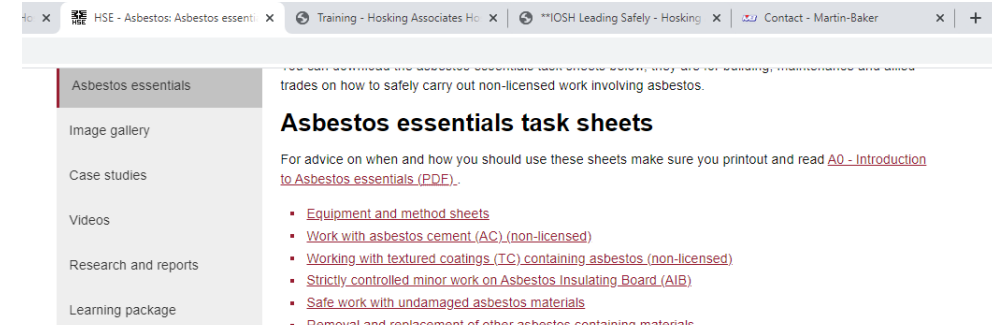
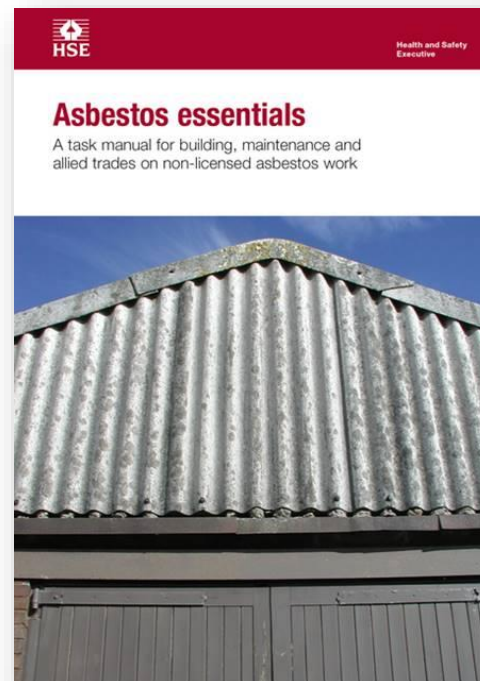
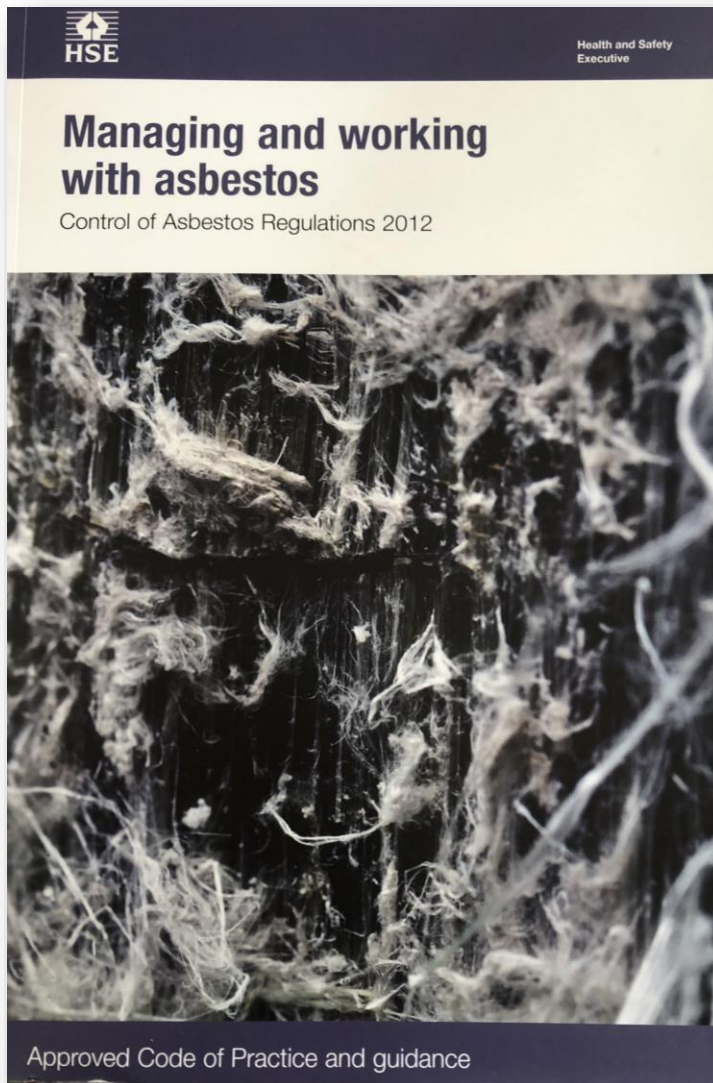
<https://www.cancerresearchuk.org/health-professional/cancer-statistics/statistics-by-cancer-type/mesothelioma/mortality>



USA Data

<https://www.mesothelioma.com/mesothelioma/statistics/>

# UK ACOP Control of Asbestos 2012 – L143



## Equipment and method sheets

- ▶ [EM0. Risk assessments and plans of work \(PDF\)](#)
- ▶ [EM1. What to do if you discover or accidentally disturb asbestos during your work \(PDF\)](#)
- ▶ [EM2. Information, instruction and training \(PDF\)](#)
- ▶ [EM3. Building and dismantling a mini-enclosure \(PDF\)](#)
- ▶ [EM4. Using a class-H vacuum cleaner for asbestos \(PDF\)](#)
- ▶ [EM5. Wetting asbestos materials \(PDF\)](#)
- ▶ [EM6. Personal protective equipment \(including RPE\) \(PDF\)](#)
- ▶ [EM7. Using damp rags to clean surfaces of minor asbestos contamination \(PDF\)](#)
- ▶ [EM8. Personal decontamination \(PDF\)](#)
- ▶ [EM9. Disposal of asbestos waste \(PDF\)](#)
- ▶ [EM10. Statement of cleanliness after textured coating removal \(PDF\)](#)

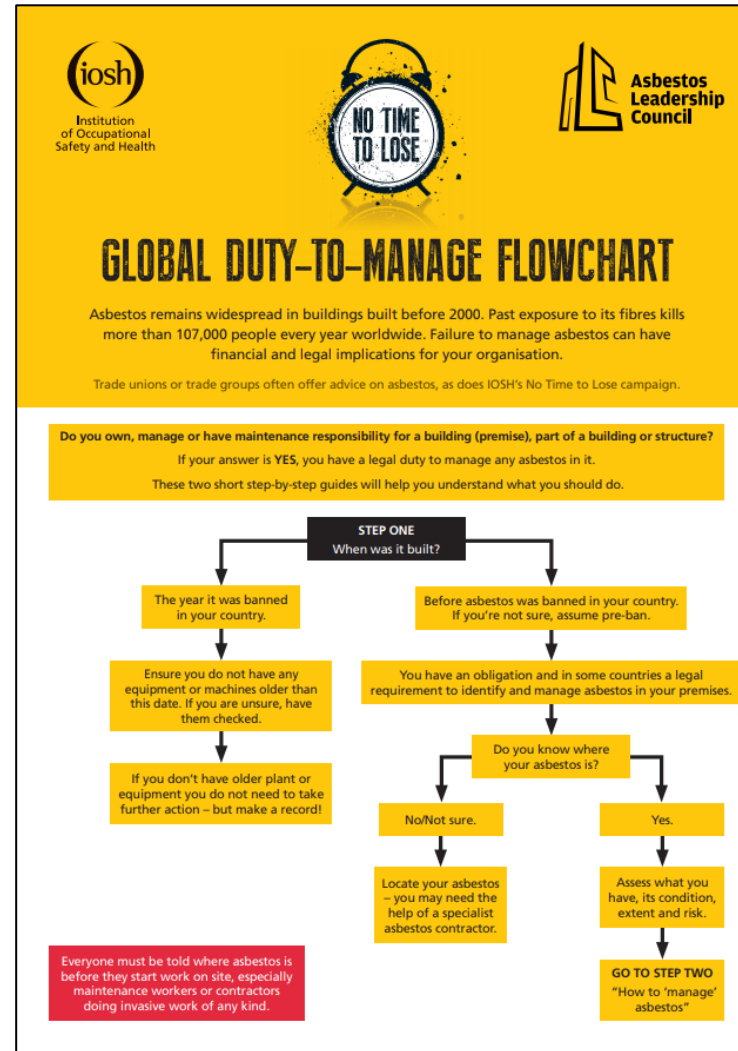
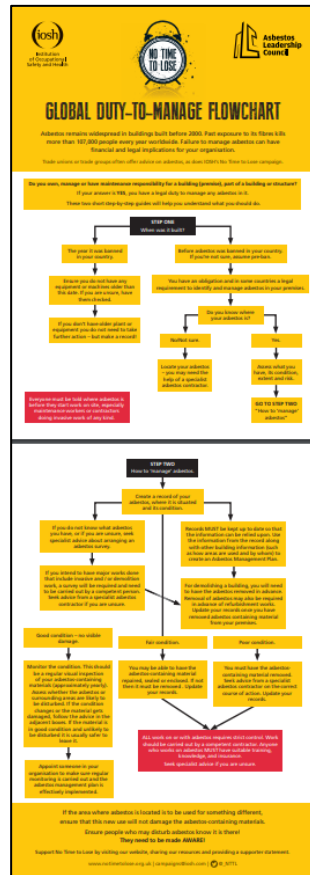
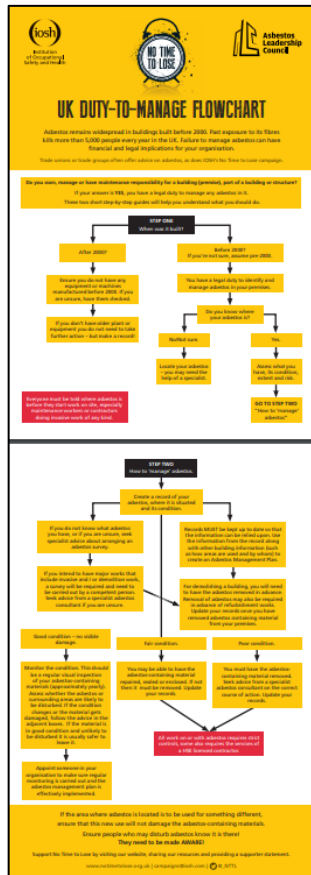
## Work with asbestos cement (AC) (non-licensed)

- ▶ [A9. Drilling holes in asbestos cement \(AC\) and other highly bonded materials \(PDF\)](#)
- ▶ [A10. Cleaning debris from gutters on an asbestos cement \(AC\) roof \(PDF\)](#)
- ▶ [A11. Removing asbestos cement \(AC\) debris \(PDF\)](#)
- ▶ [A12. Cleaning weathered asbestos cement \(AC\) roofing and cladding \(PDF\)](#)
- ▶ [A13. Repairing damaged asbestos cement \(AC\) \(PDF\)](#)
- ▶ [A14. Removing asbestos cement \(AC\) sheets, gutters, etc. and dismantling a small AC structure \(PDF\)](#)
- ▶ [A15. Removing asbestos cement \(AC\) or reinforced plastic product, eg tank, duct, water cistern \(PDF\)](#)
- ▶ [A16. Painting asbestos cement \(AC\) products \(PDF\)](#)
- ▶ [A35. Replacing an asbestos cement \(AC\) flue or duct \(PDF\)](#)
- ▶ [A36. Removing an asbestos cement \(AC\) panel outside, beside or beneath a window \(PDF\)](#)

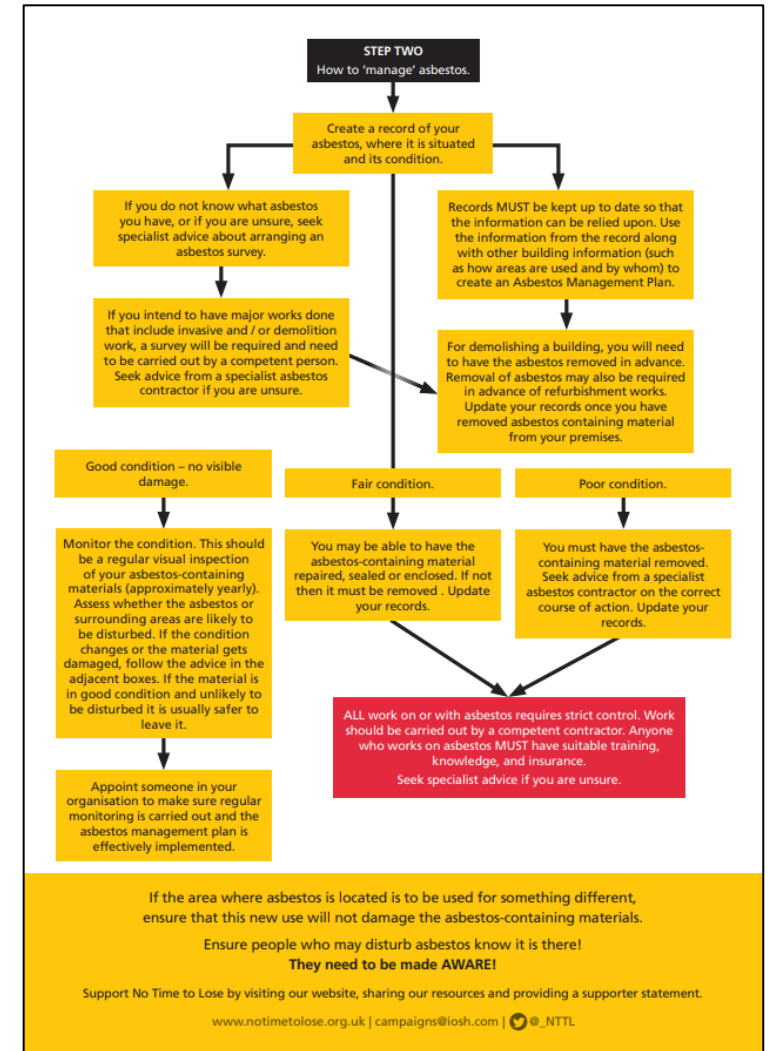
## Working with textured coatings (TC) containing

# Duty to Manage Asbestos flowchart

## Step one



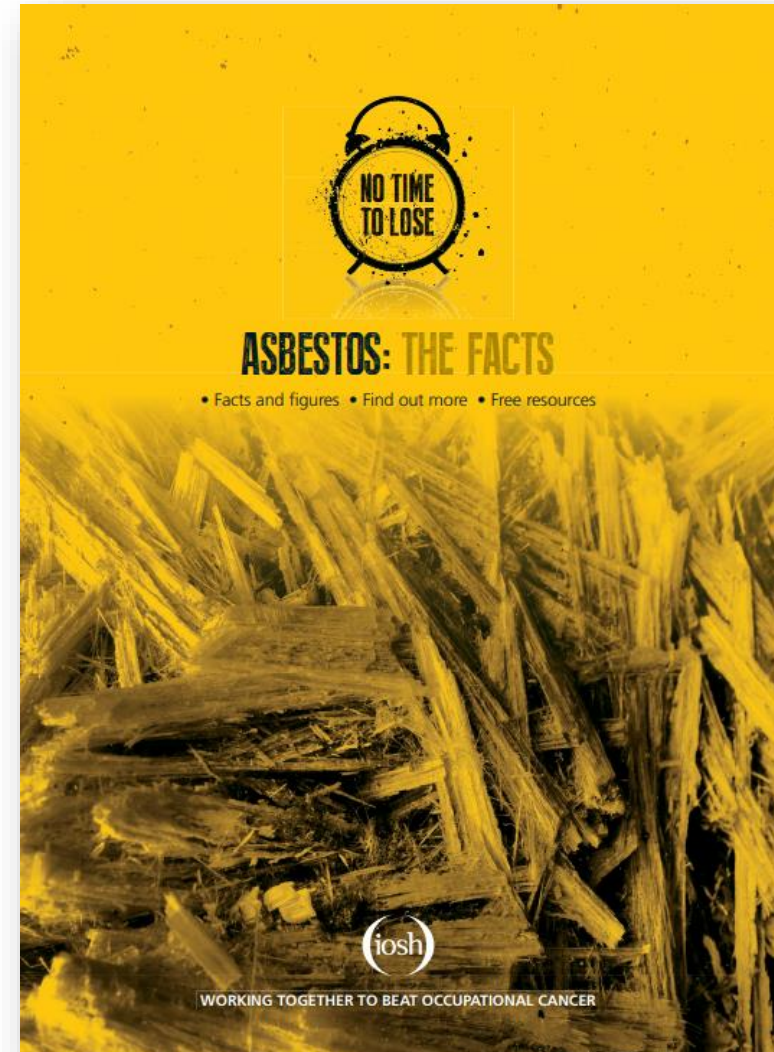
## Step two



# Duty to Manage

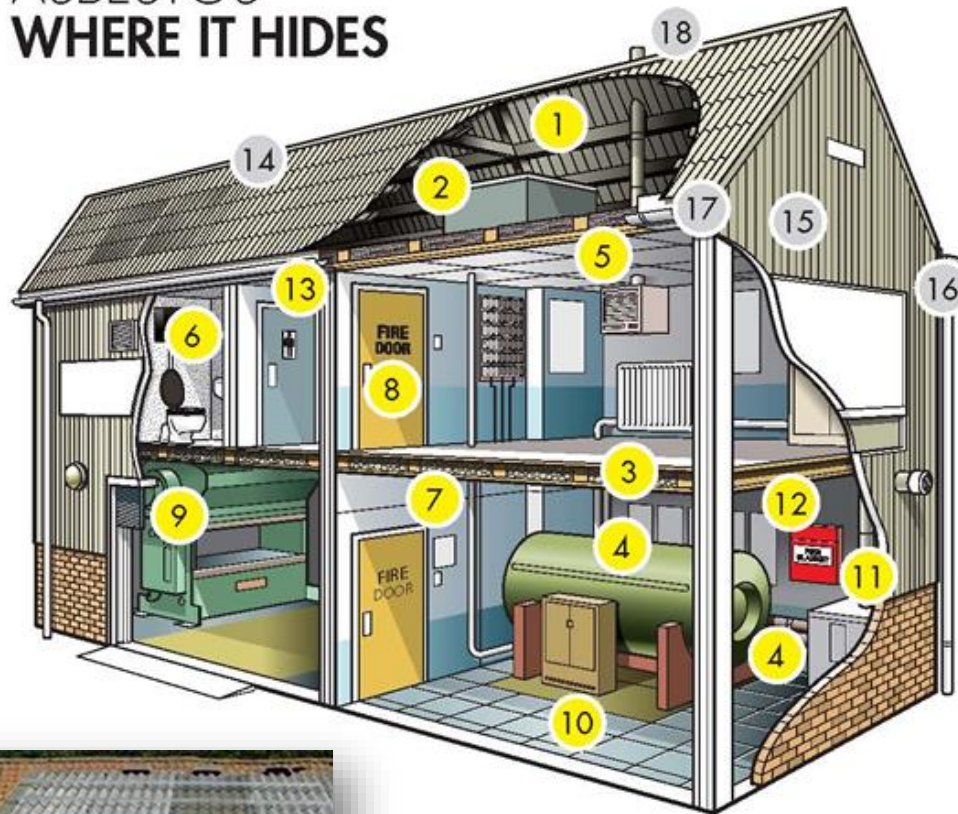
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1. Actively Identify the location, type, condition. (UK-Non Domestic)
2. Keep a record of it up to date
3. Risk Assess potential for harm for all
4. Create a management plan
5. Implement controls & monitor (check) they are being maintained
6. Inform those who are potentially exposed
7. Train & Refresh training in some form
8. Investigate asbestos incidents



# 1. Know where it is – Look for it

## ASBESTOS WHERE IT HIDES



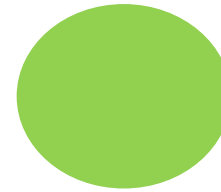
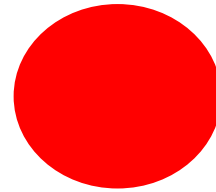
### Inside

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
12. Textiles eg fire blankets



<https://www.hse.gov.uk/asbestos/building.htm>

## 2. Record where it is in the asbestos register



**DANGER  
Asbestos**



**Do not disturb**



**Report accidental damage immediately**



## 3. Complete a risk assessment

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- The risk assessment should include information on:
  - who might be exposed to asbestos dust
  - what tasks they will be doing
  - what may damage the ACM and release fibres into the air.
- It should include:
  - factors that may increase the likelihood of ACM damage (busy areas, locations where contractors work etc)
  - the competence of those working in the area
  - the controls and procedures in place and their effectiveness.

### 3. Consider controls to prevent exposure

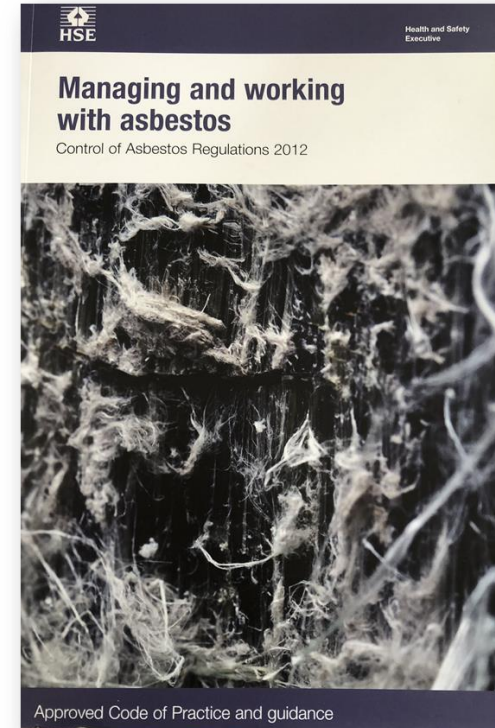
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Image courtesy of ARCA, the Asbestos Removal Contractors Association

# 4. Create a management plan - UK L143 Guidance

- Policy Statement which details commitment
- Named Duty Holders, responsibilities & resources + their skills
- Contractor Management
- Work on asbestos and how this will be organised
- For multiple site organisation how it will be approached
- Co-operation with other duty holders and who these are likely to be
- Emergency Arrangements
- Training arrangements
- How materials will be managed including surveys and checks depending on property type
- Record keeping & how registers will be organised and used
  - Drawings and photos
  - Material Assessments + Priority ratings
  - Survey data
  - Removal records and how waste records will be obtained and managed + flytipping
- Audit and review plan to verify arrangements in place



# 5. Create plan work on ACMs – UK Licensed V Non Licensed

## Licensed

- Verify removal contractor is licensed by HSEs licensing unit
- Where work is likely to exceed 0.1fibres/cm<sup>3</sup>
- Work on coating, insulation board which is not short duration

## Examples:

- Removal of sprayed coatings
- Disturbance of pipe lagging
- Cleans of significant debris

## Check UK 14 day Notification Requirements for all Work



Image courtesy of ARCA, the Asbestos Removal Contractors Association

## Plan of work to include all potential hazards

## Non-Licensed

- Contractor must be competent
- Where work less than 0.1fibres/cm<sup>3</sup>
- One of these
  - Short duration work on non-friable materials
  - Removal without breaking it up as its in a matrix
  - ACMs are in good condition and sealed
  - Sampling under controls

## Examples:

- Drilling into textured coating
- Removing gaskets
- Cleans of significant debris
- Work on good condition cement products (chk disturbance)

## 6. Inform those who are potentially exposed

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# 7. Train workers

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## CAR Regulation 10 – Information, Instruction and Training

- **“Every employer shall ensure that adequate information, instruction and training is given to those employees: -**
  - Who are or who are liable to be exposed to asbestos or who supervise such employees.
  - Who carry out work in connection with the employers duties under these Regs, so that they can carry out effectively i.e. safety reps, coordinators, supervisors.
  - Refresher Training
  - Training of non-employees (anyone on the premises that may be affected by the work) including rearrangement of fire exits, risks associated with known asbestos
  - Records should be kept of all the training provided



## 8. Investigate asbestos incidents

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# What you need to do if you accidentally disturb asbestos-containing materials



NOTE: Asbestos removal and cleaning up significant dust exposure should only be carried out by specialist contractors.



# Asbestos Removal or Encapsulation

- **Seek specialist support.**
- The area where such work will be undertaken is enclosed and completely sealed.
- Work should be done using methods that minimise the release of asbestos fibres into the air, e.g. using wet injection on lagging.
- Workers must wear suitable PPE.
- Asbestos waste should be labelled, packaged and disposed of according to the relevant national legislation.
- Once work is complete, the site needs to be inspected by a competent asbestos analyst.
- Regular air monitoring during the work
- Use air monitoring if damage is suspected



Photo courtesy of Asbestos Removal Contractors Association

# There's 'No Time to Lose' – get involved today

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# Free practical materials

All available from [www.notimetolose.org.uk](http://www.notimetolose.org.uk)



# Support the campaign – join 350+ organisations

The story so far...



# Pledge to take action – join 125+ leading businesses



## WORK CANCER: CAMPAIGN PLEDGE

WORKING TOGETHER TO BEAT OCCUPATIONAL CANCER

Thousands of workers have had their lives cut short because of cancer caused by what they did for a living. We need to act now to stop occupational cancer claiming more lives.

Reassure your staff and stakeholders by demonstrating your commitment to managing harmful exposures – sign up to our campaign pledge.

The No Time to Lose pledge is a six-step plan to capture the key actions your organisation is already doing, or planning to do, to manage carcinogenic exposures within your workplace.

You can tailor your pledge by expanding on the points relevant to your business. Pledge points 5 and 6 are optional, depending on the type of work you do and the level of your current public reporting on corporate social responsibility. You'll find examples of completed pledges on the No Time to Lose website.

When you've completed your pledge, please submit it electronically at [www.notmetolose.org.uk/pledge](http://www.notmetolose.org.uk/pledge). You can request an IOSH certificate demonstrating your commitment – we'll need to review your pledge first. You can also request an annual reminder to prompt you to review and revise your pledge.

Your pledge will remain anonymous, but we will add your name and logo to the pledge page of the No Time to Lose website unless you request otherwise.



1. Assess the risks
2. Develop and deliver a prevention strategy
3. Brief managers
4. Engage employees
5. Demand the same standards from their supply chain
6. Report progress



# Supporters and pledge signatories raising awareness of asbestos-related cancer



**ASBESTOS: DO NOT DISTURB!**

**iosh**  
In association with  
**ROSPA**  
Roofers don't have to suffer

It can kill you

If you do accidentally disturb asbestos-containing materials:

- stop work immediately
- move everyone away from the area
- do not remove equipment or materials
- close, seal or lock off the area
- put up warning signs
- report it
- call a specialist contractor to clean up

**DANGER ASBESTOS HAZARD**

**WORKING TOGETHER TO BEAT OCCUPATIONAL CANCER**  
IOSH, the Institution of Occupational Safety and Health, is campaigning to stop thousands of untimely deaths due to work-caused cancer.

The National Federation of Roofing Contractors Ltd, along with other forward-thinking businesses, has pledged its commitment to managing harmful exposures.  
[www.notimetolose.org.uk](http://www.notimetolose.org.uk)

**iosh**  
August 2019

**NO TIME TO LOSE**

**NEWSLETTER**

**AsbeSTOP... and think**

**NSCA Foundation launches NTTL in Australia P03**

**Get the latest updates from our global campaign to tackle occupational cancer**

**Scale of asbestos in UK schools "deeply worrying" P07**

**Businesses urged to save lives by developing 'sun safety strategies' P08**

**WORKING TOGETHER TO BEAT OCCUPATIONAL CANCER**

**ASBESTOS DUST IS A KILLER**

Worldwide, more than 200,000 people die a year from lung diseases caused by asbestos exposure.

**iosh**  
The Institution of Occupational Safety and Health

**NO TIME TO LOSE**

In association with

**ADAO**  
Asbestos Disease Awareness Organization™  
Hear Asbestos. Think Prevention.

**KNOW ASBESTOS**

Take action on #WorldLungCancerDay  
Download free resources to prevent asbestos exposure at  
[www.notimetolose.org.uk](http://www.notimetolose.org.uk) and [www.adaoknowasbestos.org](http://www.adaoknowasbestos.org)

**iosh**  
In association with  
**COOP**

**AsbeSTOP... and think**

Breathing in asbestos dust today can lead to fatal diseases later in life

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[www.notimetolose.org.uk](http://www.notimetolose.org.uk)



Institution  
of Occupational  
Safety and Health



# CAMPAIGN HIGHLIGHTS

WORKING TOGETHER TO BEAT OCCUPATIONAL CANCER

[www.notimetolose.org.uk](http://www.notimetolose.org.uk)

Follow the campaign at [twitter.com/\\_NTTL](https://twitter.com/_NTTL)

**WORK-RELATED  
CARCINOGENS**  
HAVE BEEN HIGHLIGHTED  
TO MORE THAN  
**HALF A  
MILLION  
EMPLOYEES**



**142,000 VISITORS  
HAVE EXPLORED**  
[WWW.NOTIMETOLOSE.ORG.UK](http://WWW.NOTIMETOLOSE.ORG.UK)

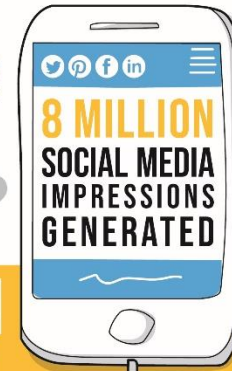


**350 ORGANISATIONS  
HAVE FORMALLY SUPPORTED  
THE CAMPAIGN**  
AND HAVE AGREED TO RAISE AWARENESS OF  
**OCCUPATIONAL CANCER**

**47,000  
FILM  
VIEWS**



**MEDIA  
COVERAGE  
HAS REACHED AN  
AUDIENCE OF  
OVER 83  
MILLION**



**111,000 RESOURCES  
DOWNLOADED**

**22,000  
CAMPAIGN PACKS  
DISTRIBUTED**



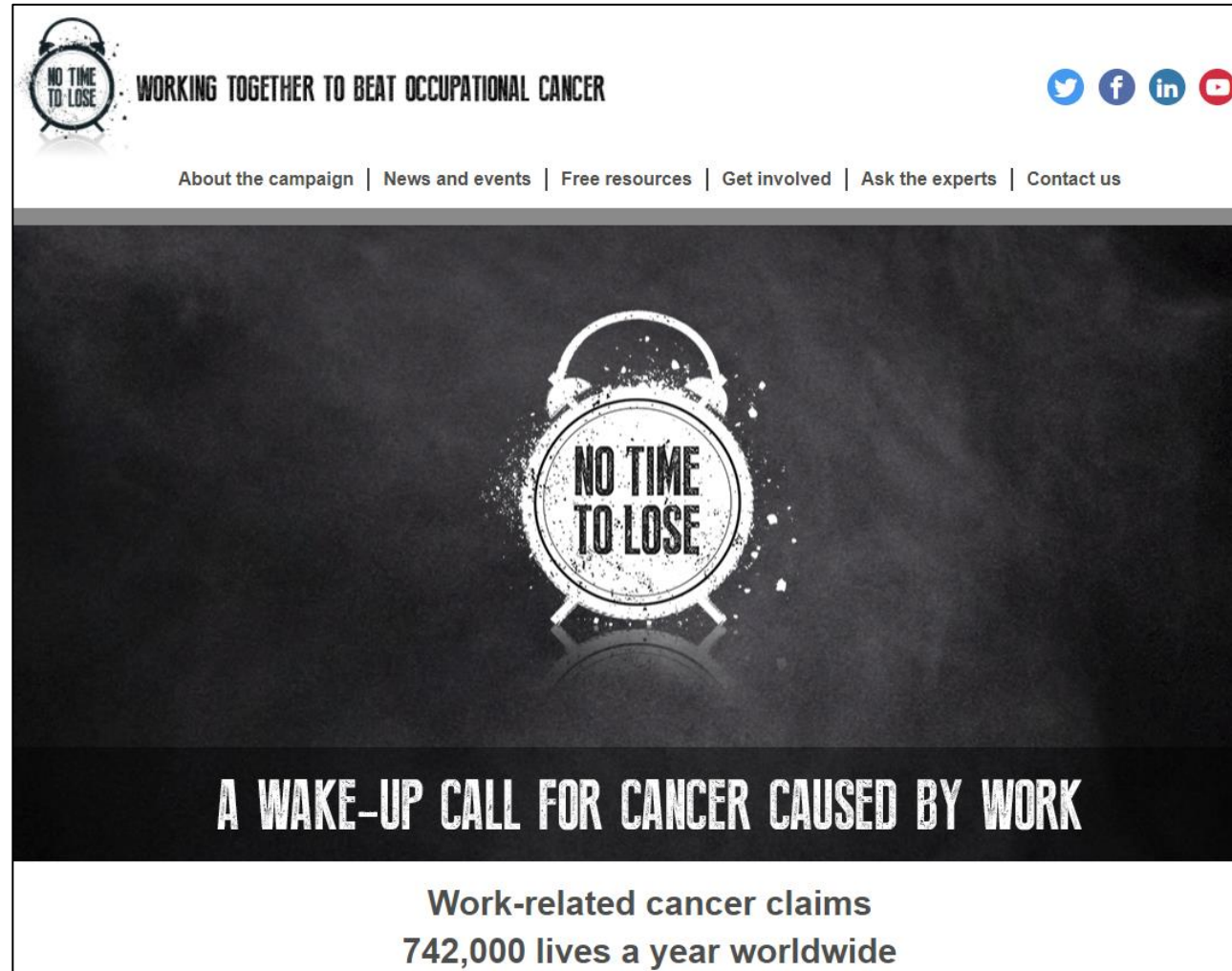
The campaign  
has been  
presented at  
206 events

WON THE CIPR 'MARK OF EXCELLENCE'  
AWARD 2018 IN THE BEST  
INTERNATIONAL CAMPAIGN CATEGORY



**126 BUSINESSES HAVE PLEDGED TO  
MANAGE HARMFUL  
EXPOSURES AT WORK**

# No Time to Lose website



The screenshot shows the homepage of the 'No Time to Lose' website. At the top left is a logo featuring an alarm clock with the text 'NO TIME TO LOSE' inside it. To the right of the logo is the tagline 'WORKING TOGETHER TO BEAT OCCUPATIONAL CANCER'. Further right are social media icons for Twitter, Facebook, LinkedIn, and YouTube. Below these is a navigation menu with links: 'About the campaign | News and events | Free resources | Get involved | Ask the experts | Contact us'. The main content area has a dark background with a large, glowing alarm clock in the center. The clock face has 'NO TIME TO LOSE' written on it. Below the clock, the text reads 'A WAKE-UP CALL FOR CANCER CAUSED BY WORK'. At the bottom of the page, a white box contains the text: 'Work-related cancer claims 742,000 lives a year worldwide'.

[www.notimetolose.org.uk](http://www.notimetolose.org.uk)





**Thank you**

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