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 Foreman: _____

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SMOHIT Safety Sense Toolbox Talks for the Sheet Metal Industry	<h3>Fiberglass</h3> <ul style="list-style-type: none"> Fiberglass is a man-made material used for its insulation qualities. It has become the most widely used insulation material in the construction industry and the sheet metal trade. Fiberglass is used in ductboard, soundlining, and stud wall and pipe insulation. Fiberglass does not present the level of health hazard as with asbestos in that it is easier on your body. Your respiratory system breaks down and removes fiberglass easier than it can asbestos. Fiberglass does not tend to break into smaller breathable fibers, as asbestos is known to do. But, inhaling excessive amounts of fiberglass could cause temporary upper respiratory tract irritation or congestion. It is recommended that a particulate respirator be used if you are exposed to a concentration of more than 1 fiber per cubic centimeter of air (fiber/cc). Fiberglass can irritate the skin due to the fibers rubbing against or becoming embedded in the skin. If your skin is irritated from exposure to fiberglass, wash the affected area with soap and water. To prevent the chance of skin irritation, wear loose long sleeve clothing, gloves, goggles or safety glasses. While there are currently no conclusive studies linking exposure to fiberglass with any long-term health effects, it is still a good idea to keep your work area clean. Minimize the amount of dust in your area to prevent unnecessary inhalation of airborne fiberglass. Clean up scraps and vacuum or "wet sweep" your area. Do not use compressed air to clean up fiberglass. 	<h3>Instructor Tips</h3> <ul style="list-style-type: none"> Discuss how the respiratory system works (expels larger fibers). Demonstrate how to clean up fiberglass dust. Use either a filtered vacuum or the wet method of sweeping. Explain that using compressed air to clean up fiberglass does not work because the pressure of the air pushes the dust back into the air.
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OSHA Regulations: