

Guidance for Drivers on Respirable Crystalline Silica (RCS) Dust control when working in quarries

1, What is the problem? - Some quarries (e.g. sandstone, gritstone, slate, sand and gravel, granite, clay + others) have high levels of RCS in their dust.

2, What is the danger? – Very fine dust containing RCS can get deep into the lungs and cause silicosis which is a debilitating lung disease that is linked to lung cancer. The workplace exposure limit for RCS dust is 0.1mg/m³ over a time weighted 8 hr period.



3, What can you do to reduce your risk of exposure? –

- Find out about the RCS content of the dust at the quarries that you work at, (the weighbridge should know).
- Keep your cab windows closed when driving around the quarry and loading from stockpiles, chutes or belts
- Use the Air Conditioning to keep your temperature comfortable
- Keep your cab clean by vacuuming rather than dry brushing. A lot of mud gets into cabs on boots, this dries out and becomes a source of dust
- Maintain door and window seals, heating/ventilation and air filters on the cab
- Use non porous seat covers to stop the dust from penetrating the upholstery
- Wash your PPE regularly and don't shake out any dusty clothing prior to washing, try not to take dusty clothing into your car or into your home.
- Obtain an FFP3 dust mask that seals over your face for use when other controls cannot be applied, which will need to be replaced when needed.
- Let the weighbridge know if you think that the dust levels are not under control when you visit site.