COURSE CONTENT OVERVIEW

Respirable Crystalline Silica Awareness



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Exposure to respirable crystalline silica dust can have serious health impacts on workers and anyone in the vicinity. Everyone involved in activities that create RCS dust has a responsibility to manage the associated health risks.

This Respirable Crystalline Silica (RCS) Awareness training will outline your responsibilities and help you to manage the risks associated with RCS exposure in your workplace. This course teaches you to identify the hazards, as well as how to assess the risks and effectively eliminate or control exposure. It will also explain how to do a risk assessment and will describe the assess, control, review (ACR) model. While this course focuses on RCS, the techniques provided may also be helpful when managing other hazardous dusts, such as wood dust.

Module 1: Introduction to Respirable Crystalline Silica Awareness

This module will explain what respirable crystalline silica is, highlight the health hazards associated with RCS exposure and outline the key legal responsibilities of the different parties involved in construction projects.

- Understanding silica
- What is respirable crystalline silica?
- How does RCS impact health?
- Workplace exposure limits
- What activities pose a risk of RCS exposure?
- Other construction dusts
- Key legal duties for RCS exposure
- Where duties are outlined
- ACoP and guidance
- Further regulations
- Employee duties
- Individual duties for construction
- Common barriers to controlling RCS exposure activities

Module 2: Risk Assessment

This module helps you to understand the requirements of a suitable and sufficient risk assessment by explaining the five key steps involved. It also introduces the hierarchy of control and explains how it should be used to help you select appropriate controls for your work activities.

- Who should carry out a risk assessment?
- What is a risk assessment?
- Identify the hazards
- Decide who might be harmed and how
- Evaluate the risks
- Evaluate existing controls
- The hierarchy of control
- Record your findings and implement them
- Review and update

Module 3: Managing Health Risks

This module describes the ACR model and how it should be used in the risk assessment process. This module will also expand on the hierarchy of control and will examine a range of different control measures that can be used to eliminate or reduce the risks associated with RCS exposure.

- Assess and control the risks
- Elimination
- Substitution
- Engineering controls
- Maintenance and inspection
- Duties of manufacturers and suppliers
- Administrative controls
- Safe systems of work
- Training, communication and housekeeping
- PPE and RPE
- Controlling related risks
- Noise exposure
- Vibration exposure
- Manual handling
- Health monitoring and surveillance

Module 4: The Assess, Control, Review Model

This module further explains the ACR technique and demonstrates how you can use it to assess, control and review the risks for a number of common activities on construction sites that expose workers to RCS.

- ACR in practice
- Cutting paving, blocks and kerbs
- Cutting roof tiles
- Soft strip demolition
- Scabbling or grinding concrete
- Abrasive pressure blasting

Aims of the training

By the end of this course, you will:

- Understand what silica dust is, where silica dust is found and what duties those involved with construction projects have to manage the risks associated with silica dust.
- Understand the health risks associated with silica and the importance of effectively controlling silica dust.
- Be aware of the different activities that can increase the risks associated with silica dust and be aware of the methods they should use to control exposure.
- Know the different types of personal protective equipment that can be used to protect workers from silica dust exposure, as well as how to use them effectively.

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