



## Cleaning after work

The inhalation of the dust generated by certain DIY activities could be harmful to your health in the long term. Here is some simple advice on how to minimise dust exposure when cleaning your room(s) after work.



### ✓ Dos



✓ Use **vacuum** or **wet** cleaning methods

✓ If you have covered your floor and/or furniture with, for example plastic sheets, remove them with care to avoid new dust generation

### ✗ Don't



✗ Clean up with a dry brush or by using compressed air

✗ Allow deposits of dust/debris to dry out before cleaning up

### Dust prevention in a nutshell:

The application of the following main control techniques, which are applicable across all work processes, provides a good foundation for prevention:



#### Enclosure

Avoid the spread of dust by keeping internal doors closed in order to prevent dust spreading to other rooms.



#### Extraction/Ventilation

Capture dust at source before you are exposed to it, e.g. using tools with on board dust extraction. Replace contaminated air with clean air by ventilating the room(s) by opening the windows. Carry out dusty jobs outdoors in the fresh air as much as possible. Take a break after dusty tasks, allowing time for the air to clear.



#### Water

Keep processes wet to prevent dust becoming airborne. Wet surfaces before you drill or cut them. Preferably, use hand-held machines with water supply, e.g. disc cutters.



#### Good hygiene /housekeeping

Remove or cover soft furnishings before work. Wash your clothes when they get dusty and vacuum up dust produced by your activities. Use vacuum or wet cleaning. Avoid dry brushing.



#### Protective equipment

Use a face mask to prevent dust being inhaled, preferably with a protection factor FFP 2 or 3 if available (indicated on the label of the mask). Ensure the mask fits the face correctly to provide a good seal.



#### Spray painting

Preferably, carry out this work outside. Wear a mask. Spray painting can expose users to fine particles in suspension. Hazardous respirable droplets may be formed when sprayed. Do not breathe spray or mist.