



Polishing/Sanding

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 doing the action of POLISHING/SANDING.



✓ Dos



- ✓ **Ventilate** the room as much as possible: open windows
- ✓ If you work in dry conditions, it is important to **vacuum** the dust at source
- ✓ Ensure that your extraction unit always works correctly
- ✓ Use **wet** polishing/sanding methods, which prevent fine dust from becoming airborne by trapping it in water
- ✓ Ensure that your polishing/sanding tool has the facility to connect a dust extraction unit (which can be a separate one or integrated one)
- ✓ Use a **face mask** to prevent dust being inhaled, preferably with a protection factor FFP 2 or 3 if available

✗ Don't



- ✗ Do not polish/sand materials in a closed space without any ventilation and without a protective face mask
- ✗ Do not use powdered abrasives for polishing/sanding activities, alternative materials exist

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.