

# SILICOSIS - KNOW THE FACTS

You can't see it, and you won't feel it, but it's enough to cause permanent lung damage. Even a single puff of dust from cutting, grinding, or drilling without protection can contain many times the legal daily limit. Once silica dust enters your lungs, it stays there, causing irreversible harm over time.

## Legal Limit (Australia):

Workers are allowed to breathe in no more than 0.05 milligrams of silica dust for every cubic metre of air they inhale.

## So What's the Total Silica Limit?

$0.05 \text{ mg/m}^3 \times 10 \text{ m}^3$   
= 0.5 mg per day

That's just half a milligram – an incredibly small amount.

## How Much Air Do You Breathe in 8 Hours?

The average worker breathes in about 10 cubic metres of air over a standard 8-hour workday.

RESPIRABLE  
CRYSTALLINE SILICA  
~0.5–5  $\mu\text{m}$

COARSE DUST  
~10–50  $\mu\text{m}$

ULTRAFINE  
PARTICLES  
<1.0  $\mu\text{m}$

FINE PARTICLES  
<2.5  $\mu\text{m}$

ASBESTOS FIBRES  
~0.7–20  $\mu\text{m}$

HUMAN HAIR  
~70–100  $\mu\text{m}$

## Protect Your Team

From 1 October 2025, all NSW workplaces conducting high-risk crystalline silica work must comply with the new SafeWork NSW silica requirements.

Under WHS Regulation 368 and AS/NZS 1715, employers must ensure workers receive spirometry health monitoring and annual respirator fit testing.

Hayden Health & Safety provides on-site spirometry and respirator fit testing to ensure your workers are properly protected against silica dust exposure.

## Call 1300 HAYDEN

or visit [www.haydenhs.com.au](http://www.haydenhs.com.au) to book your workplace assessment.

Because what you can't see, can still hurt you.



Hayden Health & Safety | Occupational Testing in NSW

We ensure that we keep your staff safe, protected & informed, whilst minimising downtime for your business by coming to you. Request a quote online!

