



Lawrence Berkeley
National Laboratory

Berkeley Lab Training Program

EHS 0305 Silica Hazard Awareness

Course Syllabus

Subject Category: Construction Safety
Course Length: 30 minutes
Delivery Mode: Online

Course Prerequisite: No
Medical Approval: No

Course Purpose: Silica (silicon dioxide) is a component of many common products and materials, including natural materials like quartz, sand, and soil. Sanding, drilling, grinding, or sometimes even just handling these materials can put silica dust into the air around you, creating “respirable crystalline silica,” or “RCS.” Inhaling RCS can give you silicosis, various cancers, and other serious health ailments. In this course, you will become aware of the risks that silica dust presents, as well as tools and methods for protecting yourself from this risk.

Who training is for: This course is for anyone assigned to an activity in WPC that contains a risk level 1 silica hazard.

Objectives:

This course is meant to give you an understanding of the hazards of working with silica and the skills to protect yourself while performing your work.

After successfully completing this course, you should be able to:

- Describe respirable crystalline silica
- Identify the health hazards associated with exposure to respirable crystalline silica
- Identify if a product you use contains silica or not
- List common medical conditions associated with breathing silica dust
- List specific work tasks that could expose you to respirable crystalline silica if you do not take the necessary precautions
- Identify specific measures that LBNL has implemented to protect you from exposure to respirable crystalline silica
- Identify your competent person

Training Compliance Requirement: OSHA’s [Occupational Exposure to Respirable Crystalline Silica](#); and LBNL’s Pub 3000, Chapter 10 and Appendix A (the *LBNL Construction Safety Manual*).

Retraining/Recertification: Annual

WEB Resource: <http://training.lbl.gov/bltCourses.html>