



TAILGATE SAFETY

PAINTS AND SOLVENTS – HEALTH HAZARDS

Most people that use or work with paints and solvents know that they are highly flammable and take precautions accordingly, but they are also toxic. Both short-term (acute) and long-term (chronic) exposure can cause a wide array of health issues.

Short-term or Acute effects include:

<u>Method of Absorption</u>	<u>Symptom</u>
Inhalation	Irritation of throat and lungs, headaches, dizziness, disorientation, unconsciousness (in a confined space, coma and death can occur).
Eye Contact	Chemical burns, loss of vision
Skin	Irritation
Ingestion	Abdominal pain and nausea

Long-term or Chronic effects include:

<u>Method of Absorption</u>	<u>Symptom</u>
Inhalation	Liver or Kidney damage, nervous system damage, lead poisoning
Skin Contact	Dermatitis, severe rash
Ingestion	Lead poisoning

Ways to protect yourself from paint and solvent exposure include:

- Use a safer, less toxic product, if available.
- Work in a well-ventilated area. A fan or open door may not be adequate. Stay upwind if painting outside.
- If you notice any of the short-term symptoms outlined above, STOP what you are doing and see your supervisor.
- Wear appropriate protective equipment such as gloves, goggles, respirator (only wear a respirator if you have been trained, fit tested and given a medical exam), tyvek suit, etc.
- Review the SDS for the material you are using to determine the physical hazards of overexposure, required protective equipment to wear, etc.

Training Tips: a) Have protective equipment required to be worn available to show to employees. b) Have the SDS for materials being used and go over it (or them) with employees. c) Discuss the physical symptoms of exposure, get input and shared experiences from employees.

