



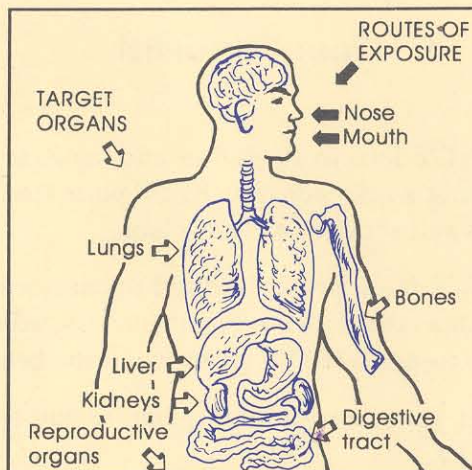
FACTS ABOUT CADMIUM

JOBS WHERE CADMIUM CAN BE FOUND:

- Refining and smelting
- Making nickel-cadmium batteries
- Welding, burning, torch-cutting, grinding or abrasive blasting surfaces that are either coated with cadmium plating or paint containing cadmium.
- Soldering with silver solder or brazing (for hobbies too!)
- Making or using pigments for coloring plastics, ceramic glazes, paints and enamels
- Electroplating using cadmium
- Making or using cadmium stabilizers, catalysts, or phosphors
- Cleaning up or working with hazardous wastes such as flyash
- Wrecking and demolition where cadmium is present
- Making or using colored transfers containing cadmium
- Recycling telephone and electric cable



FIND OUT IF THE PRODUCTS YOU WORK WITH CONTAIN CADMIUM!



CADMIUM CAN MAKE YOU SICK:

- Cadmium is *most dangerous if it is breathed* and less so if it is swallowed.
- Cadmium dust or fumes can contaminate food, drink, cigarettes, chewing gum in the workplace.
- High exposure may cause nausea, vomiting, cramps, diarrhea followed by lung damage and even death after several hours.
- Exposure over a long time may damage your lungs or kidneys and can even cause cancer.
- Families of those who work with cadmium can get sick from cadmium too, if the worker takes it home on his/her clothing.

WARNING: SMOKING CIGARETTES AND BREATHING CADMIUM DUST OR FUMES CAN BE VERY BAD FOR YOUR LUNGS.

WHO CAN HELP?

- **YOUR DOCTOR**
or the company doctor who will order the right medical tests and tell you what the results mean to your health.
- **YOUR SAFETY OFFICER**
or industrial hygienist can check your work area for cadmium dust or fumes and can help you avoid it with protective equipment and controls.
- **YOUR FEDERAL GOVERNMENT (OSHA)**
If conditions are bad, call the nearest OSHA office and complain.
Avenel (908) 750-3270
Parsippany (201) 263-1003
Hasbrouck Heights (201) 288-1700
Marlton (609) 757-5181



- **YOUR UNION**
Tell your union about your concerns and ask how it is involved in making your job safer.
- **YOUR STATE GOVERNMENT**
for information and referrals



The Cadmium Project
Occupational Health Service
CN360 Trenton, NJ
08625-0360
(609) 984-1863

THE FEDERAL GOVERNMENT (OSHA) HAS RULES ON USING CADMIUM SAFELY THAT EMPLOYERS MUST FOLLOW.



You
have
been
tested

and **cadmium** has
been found inside
your body.

This pamphlet has
advice and
information to help
you
protect
yourself
from
cadmium.



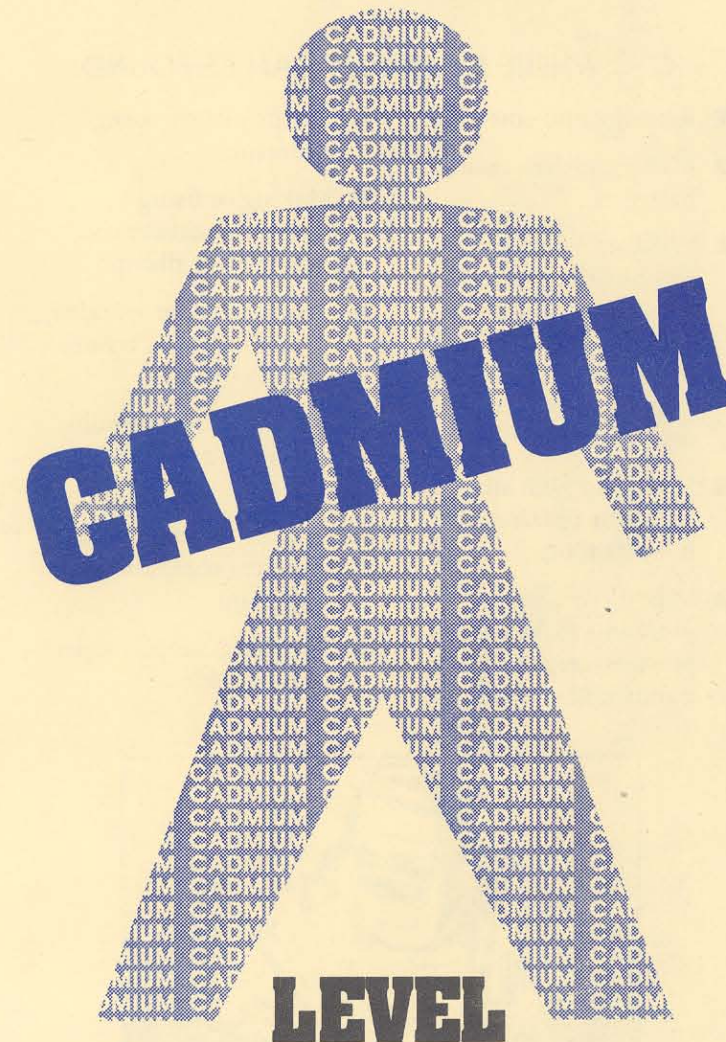
HOW TO AVOID CADMIUM

Your Checklist

- ✓ **CHANGE** into work clothes and shoes before beginning work each day. **KEEP** your street clothes and shoes in a clean place.
- ✓ **WEAR** a clean, properly-fitted respirator in all work areas that have overexposure to **cadmium** dust or fumes. **SHAVE** clean to get the best fit.
- ✓ **WASH** your hands and face before you eat, drink or smoke.
- ✓ **EAT, DRINK & SMOKE** only in areas free of **cadmium** dust and fumes.
- ✓ **VACUUM** your work clothes and shoes at work before you eat, drink or smoke and before you remove them.
- ✓ **SHOWER** at work at the end of the day.
- ✓ **LAUNDRER** your clothes at work. If you must take clothes home, **WASH & DRY** them separately.
- ✓ **AVOID** raising **cadmium** dust with dry sweeping or compressed air.

**Don't Let CADMIUM
Get into Your Body!**

YOUR



LEVEL



NEW
JERSEY
DEPARTMENT
OF
HEALTH
A BETTER STATE OF HEALTH

Occupational Health Service