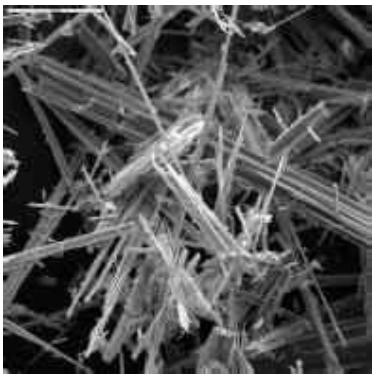
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CLIENT HELP SHEET

What if I have asbestos in my house?



"If you suspect that your ceiling may contain asbestos, it is important not to disturb it

Asbestos exposure

Asbestos is a naturally occurring mineral that was used in many building materials and products because of its strength and resistance to heat and chemicals. Asbestos fibres can be inhaled into the lungs, where they can cause serious health problems. When asbestos-containing materials are damaged or disturbed, asbestos fibres can be released into the air and inhaled.

Exposure to asbestos fibres can lead to a number of serious health problems, including:

- Asbestosis: a chronic lung disease that causes scarring on the lung tissue, leading to difficulty breathing
- Lung cancer: exposure to asbestos fibres increases the risk of developing lung cancer
- Mesothelioma: a rare cancer that affects the tissue lining the chest and abdominal cavities

If you think you may have been exposed to asbestos, it is important to talk to a healthcare provider. They can help determine if you are at risk for health problems related to asbestos exposure and provide appropriate treatment.

How to recognise there is asbestos in the ceiling?

There are a few signs that you may have asbestos in your ceiling:

1. Age of the building: Asbestos was widely used in building materials until the 1980s, so if your building was constructed before this time, it may contain asbestos.
2. Appearance of the material: Asbestos can often be recognized by its fibrous texture. It may also appear lumpy or spongy.
3. Labelling: Some building materials that contain asbestos will have warning labels on them.

If you suspect that your ceiling may contain asbestos, it is important not to disturb it. Asbestos fibres can be harmful if inhaled, so it is important to handle the material with caution. If you need to remove or repair materials that may contain



asbestos, it is best to hire a professional asbestos abatement company to do the work.

Asbestos removal

If you have asbestos-containing materials in your home or building, it is important to handle them with caution. Asbestos fibres can be harmful if inhaled, so it is important to minimize the risk of exposure. If the asbestos-containing materials are in good condition and not likely to be damaged or disturbed, it may be safe to leave them in place. However, if the materials are damaged or will be disturbed during renovations or repairs, they should be removed by a professional asbestos abatement company.

Here are some general steps for asbestos removal:

1. Identify the location and extent of the asbestos-containing materials.
2. Hire a professional asbestos abatement company to remove the materials. These companies are specially trained and equipped to handle asbestos safely.
3. The area where the asbestos will be removed should be sealed off to prevent asbestos fibres from spreading. This may include sealing off doorways and windows, and setting up negative air pressure machines to prevent the spread of fibres.
4. The asbestos-containing materials will be carefully removed and disposed of in special bags, which will be sealed and labelled as hazardous waste.
5. Once the asbestos has been removed, the area will be thoroughly cleaned and inspected to ensure that no asbestos fibres remain.

"It is important to follow proper safety procedures when removing asbestos to minimize the risk of exposure."



It is important to follow proper safety procedures when removing asbestos to minimize the risk of exposure. If you are planning renovations or repairs that may disturb asbestos-containing materials, it is best to hire a professional asbestos abatement company to handle the removal.

Shem *is a qualified electrician with over 20 years experience in electrical contracting, design and installation. Shem owns and runs* ***Solid Electrics Limited****, who specializes in* ***domestic electrical*** *installations and* ***fault finding****. Having qualified in 2001 he holds a range of testing and installation qualifications.*

Solid Electrics Limited is based in Southampton and serves Hampshire area. Please visit our Web Page at www.solidelectrics.co.uk *for more information.*