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

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.

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 FEDERAL GOVERNMENT (OSHA) HAS RULES ON USING CADMIUM SAFELY THAT EMPLOYERS MUST FOLLOW.
AN IMPORTANT MESSAGE FROM YOUR NEW JERSEY DEPARTMENT OF HEALTH

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.

☑ LAUNDER 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!

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