

## BASIC PRECAUTIONS FOR WORKING WITH ASBESTOS:



1. Do not disturb any material you think may contain asbestos unless you have to. Removal of the material is usually the last alternative.
2. Seal off the work area from the rest of the residence. Plastic sheeting and duct tape will work good.
3. Always wear approved gear: respirator, gloves, and other protective clothing. Dispose or wash equipment immediately after use.
4. When working with asbestos containing material, wet it with a hand sprayer. This is done so the fibers do not become airborne.
5. If drilling or cutting asbestos is necessary, do it outside if possible. If removing the material, avoid breaking the material.
6. Dispose small pieces in a plastic trash bag and then dispose at a proper land fill.
7. Thoroughly clean area with wet mops, wet rags, or sponges.



Help protect yourself, your family, and your home.

For more information on asbestos, contact:

Asbestos Program  
Navajo Nation Environmental  
Protection Agency  
P.O. Box 339  
Window Rock, AZ 86515  
(928) 871-7703  
(928) 871-6790



## Answers to Questions Concerning ASBESTOS

**Navajo Nation Environmental Protection Agency**  
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### Asbestos Program

PO Box 339  
Window Rock, AZ, 86515

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# Questions About Asbestos In Your Home

These questions are most frequently asked by homeowners concerning their homes and safety. Asbestos can be found in houses fairly old, and also can be found in many products used to build homes. Asbestos is usually found in building materials made before 1970 and in homes built before 1978.

## WHAT IS ASBESTOS?

Asbestos is a mineral that is mined in rocks. Asbestos is used in building materials because its fibers are strong and fire resistant.

## IS ASBESTOS DANGEROUS?

Asbestos has been shown to cause lung and stomach cancer for those exposed to it. Asbestos is made up of tiny fibers, invisible to the naked eye. These fibers, when inhaled, become lodged in the lungs. The fibers are released from the materials that have been disturbed. If a material is in good condition, the asbestos fibers can't be released. It is harmful only when the fibers are released into the air.

## WHERE WOULD ASBESTOS BE LOCATED IN MY HOME?

Asbestos is located in many building materials such as, pipe insulation, ceiling tiles, floor tiles, roofing materials, mastic, and drywall. Asbestos is added to these products for fire protection.



## HOW DO I FIND OUT IF MY HOUSE CONTAINS ASBESTOS?

It is recommended that a house be inspected and sampled by a certified inspector. However, nothing prevents a homeowner from sampling suspect material. Contact Navajo EPA for guidance documents pertaining to sampling. Most manufacturers label their products; this product contains asbestos.



## WHERE DO I SEND SAMPLES?

The samples must be sent to a laboratory accredited by NVLAP. Contact the Navajo Nation EPA for a list of laboratories.

## HOW DO I REMOVE ASBESTOS FROM MY HOME?

There is no need to remove asbestos materials that are in good condition. Severely damaged material will need to be repaired or removed by trained and experienced people in asbestos removal. If you find materials that contain asbestos, handle it carefully, try not to disturb it. Get it sampled and inspected to make sure fibers are not being released. Take precautions as if asbestos were being released.

## WARNING:

Do not dust, sweep, or vacuum particles suspected of containing asbestos. This will disturb tiny asbestos fibers and may make them airborne. The fibers are so small that they cannot be seen and can pass through normal vacuum cleaner filters and get back into the air. The dust should be removed by a wet-mopping procedure or be specially designed vacuum cleaner used by trained asbestos contractors.

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