

TOOLBOX TALK 1:

Welding work health effects

Attendance record

Site:	Date: DD / MM / YEAR
Supervisor:	
Attendees:	

Health effects from welding

- Welding produces toxic fumes and gases
- Some welding processes are more hazardous than others
- Some welding fumes and gases make you sick straight away; others gradually damage your lungs over a period of years
- Welding also produces ultraviolet and infrared radiation that can cause eye damage. It can also burn your skin (similar to sunburn), long-term exposure can increase your risk of skin cancer



Short-term health effects

- Acute bronchitis is a condition where the tubes that carry air to the lungs are inflamed and irritated
- Occupational asthma is associated with exposure to welding fumes
- Gases and particles in welding fumes can cause irritation of the airways such as dryness of the throat, tickling, coughing or a tight chest. The effects tend to be short term
- Metal fume fever has symptoms similar to the flu, it is linked to welding and hot work on galvanised metals



Long-term health effects

- Chronic obstructive pulmonary disease (COPD) causes permanent lung damage and will affect your quality of life for many years
- Welding fumes have been linked to cancer
- Pneumoconiosis is scarring of the lungs and inflammation. Symptoms include a dry cough and shortness of breath



Health monitoring

- Health monitoring checks that your health is not being affected by your work. Lung function tests are used to detect lung disease
- A lung function test is performed by a competent person for example an occupational health nurse
- Like other health information the results of health monitoring are kept confidential

