Glossary

Terms in CAPITALS are defined in the glossary.

ABATEMENT	Lessening the HAZARD of ASBESTOS. Includes ENCAPSULATE, ENCLOSE, REPAIR, and remove ASBESTOS.
ACM	Asbestos-Containing Material.
ADEQUATELY WET	ASBESTOS is "adequately wet" when it is wet enough so that no particles are released. Surfactant is used to adequately wet asbestos. One indication of this (but not the only one) is no visible emissions.
AGGRESSIVE SAMPLING	A way of taking AIR SAMPLES where the air is stirred up using fans and leaf blowers. Aggressive sampling is used for CLEARANCE AIR SAMPLES.
AHERA	The Asbestos Hazard Emergency Response Act- The EPA law covering ASBESTOS in schools.
AIRLOCK	An empty room in some DECONs. Workers pass through the flapped doors one at a time. Air cannot move through the airlock.
AIR - PURIFYING RESPIRATOR	Protective equipment. A face mask with filters that you wear. It filters or purifies the air in the work area. APR
AIR SAMPLES	Measuring the amount of ASBESTOS in the air using a pump.
AIR-SUPPLIED RESPIRATOR	Protective equipment. A face mask with a hose. It supplies clean air to you from outside the work area. SAR
ALVEOLI	Tiny air sacs found in your lungs. They are important areas where oxygen enters your body.

AMENDED WATER	Water plus a chemical called SURFACTANT. Amended water soaks into ASBESTOS faster than plain water.
AREA AIR SAMPLE	An AIR SAMPLE taken from one spot in a room.
ASBESTOS	A natural mineral used for insulation in many buildings. Asbestos breaks into FIBERs. It causes lung cancer and other diseases.
ASBESTOSIS	A disease caused by ASBESTOS. It is the scarring of the lungs, also known as white lung.
ATTENDANT	A worker stationed outside a CONFINED SPACE to monitor what's going on inside.
B READER	A doctor who has had special training and has been certified to identify signs of occupational diseases on X-rays.
BRONCHI	A branch off the windpipe where air travels to your lungs.
BULK SAMPLE	A chunk of material which is sent to a lab to test for ASBESTOS.
CANCER	A large group of diseases where cells grow abnormally, rapidly, and out of control.
CARBON MONOXIDE	A colorless, odorless, and tasteless poisonous gas.
CARTRIDGE	A filter used on an AIR-PURIFYING RESPIRATOR.
CATEGORY I NON-FRIABLE ACM	ASBESTOS – containing gaskets, resilient floor covering, and asphalt roofing products containing more than one percent of asbestos as determined by using a PLM.
CATEGORY II NON-FRIABLE ACM	All NON-FRIABLE materials that are not Category I non-friable ACM.

CILIA Very tiny hairs that line the walls of your windpipe and BRONCHI. They beat rapidly and move mucus up your windpipe to remove objects from your respiratory system.

CLEAN ROOM The last room in the DECON (going out). Clean suits, sanitized respirators, and street clothes are stored here.

CLEARANCE AIR SAMPLE An AREA AIR SAMPLE taken at the end of the job. It tells the building owner whether the room is clean enough.

COMPETENT PERSON In the OSHA regulations, a trained supervisor who makes sure that rules are followed and equipment works on the job.

CONFINED SPACE A space that has the following characteristics:
1) limited openings for entry and exit,
2) inadequate natural air flow, and
3) not designed to be worked in continuously.

CONTAINMENT Isolating the work area from the rest of the building. Usually done by putting POLY on the walls and floors and using a NEGATIVE AIR MACHINE. This keeps ASBESTOS FIBERS inside the work area.

CONTINUOUS-FLOW AIR -SUPPLIED RESPIRATOR An AIR-SUPPLIED RESPIRATOR that has a constant amount of air which is supplied to you. It will not give you more air if you need it.

CONTRACT SPECIFICATIONS See SPECS.

CONTROL METHODS Ways of controlling ASBESTOS. Includes: ENCAPSULATE, ENCLOSE, REPAIR, remove, and O&M.

COSH Committee on Occupational Safety and Health-A community based group which helps workers with health and safety problems on the job.

CUBIC CENTIMETER A space about the size of a sugar cube. Asbestos in the air is measured in FIBERs per cc.

DECON Decontamination unit or area – A shower unit. The decon has three rooms: DIRTY ROOM, shower and CLEAN ROOM. Everyone must enter and leave the work room through the decon.

DEMAND-ONLY RESPIRATOR AIR-SUPPLIED RESPIRATOR which always goes into a NEGATIVE PRESSURE before it supplies you the air that you need. This is not a respirator used for ASBESTOS ABATEMENT work.

DEMOLITION The wrecking or taking out of a load-supporting building part and any related handling operations or the intentional burning of a facility.

DIRTY ROOM The first room in the DECON (going out). Workers take their suits off in the dirty room on their way to the shower. Dirty hard hats and tools are also stored here. Also Equipment Room

DOSE The amount of a substance that you take, or are exposed to, at a specific time.

DOSE-RELATED A relationship between the amount of a substance you are exposed to and the reaction you have to that exposure.

DUCT TAPE Sticky, often silver tape. Used to attach POLY.

DUST MASK A face mask that has no seal to your face. It is not legal for ASBESTOS work. It does not protect you.

ELECTRON MICROSCOPE A microscope which beams electrons (instead of light) at a sample. Electron microscopes blow up images much larger than LIGHT MICROSCOPEs.

ENCAPSULANT A sticky paint used to ENCAPSULATE ASBESTOS

ENCAPSULATE To cover ASBESTOS with a sticky paint. A way to control ASBESTOS without removing it.

ENCLOSE	To build an air-tight box around ASBESTOS. A way to control ASBESTOS without removing it.
ENGINEERING CONTROLS	Ways of controlling workplace hazards by building barriers, ventilation, etc. Must be done before RESPIRATORs may be used.
ENVIRONMENTAL PROTECTION AGENCY	See EPA.
EPA	Environmental Protection Agency – A U .S. government agency that protects against pollution.
EQUIPMENT ROOM	See DIRTY ROOM.
EXPOSURE	Not protected. If you are in a work area with ASBESTOS fibers in the air and you do not have on the right RESPIRATOR, you are exposed to ASBESTOS.
F/CC	FIBERs per CUBIC CENTIMETER of air – ASBESTOS is measured this way. Air is pumped across a filter. The number of FIBERs are counted. The amount of air is measured in CUBIC CENTIMETERS.
FIBER	A single strand of ASBESTOS. ASBESTOS fibers are so small they are invisible.
FIBROSIS	A disease where scar tissue is formed in the connective tissue of the lungs.
FRIABLE	Crumbly – Friable ASBESTOS can be crumbled by hand pressure.
FULL-FACE RESPIRATOR	A face mask that covers the full area of your face, from the hair line of your forehead to your chin.

GLOVE BAG	A 3-foot by 4-foot plastic bag with gloves built into it. The top of the bag is sealed around a pipe. The work is done inside the bag. Used for maintenance work only.
GRADE D AIR	Air for an AIR-SUPPLIED RESPIRATOR. Grade D air has chemicals, oil, and water filtered out so that it is safe to breathe.
GFI	Ground Fault Interrupter – A sensitive circuit breaker for tools and extension cords. A GFI will stop a current before it can stop a worker's heart.
HALF-MASK RESPIRATOR	A face mask that covers half of your face. It covers your nose and mouth from the bridge of your nose to your chin. These are difficult masks to fit.
HAZARD	A danger or a risk.
HEAT EXHAUSTION	An illness caused by working in a hot area. A medical alert.
HEAT STROKE	An illness caused by working in a hot area. A medical emergency – the worker's body cannot cool itself.
HEPA FILTER	High Efficiency Particulate Air filter – A filter that is fine enough to trap ASBESTOS FIBERS in the air. HEPA filters are used in RESPIRATORs, HEPA VACUUMs, and NEGATIVE AIR MACHINES.
HEPA VAC	HEPA – equipped vacuum cleaner – A vacuum cleaner which filters air through a HEPA filter.
HVAC SYSTEM	Heating, Ventilating, and Air Conditioning system- Usually a central heating and cooling system that blows air through ducts.
IH	See INDUSTRIAL HYGIENIST.

INDUSTRIAL HYGIENIST A scientist who knows how to control workplace health and safety HAZARDS. An industrial hygienist usually takes air samples and inspects ASBESTOS jobs.

LATENCY PERIOD A time gap between when you are exposed to a HAZARD and when you have signs and symptoms of disease. For example, if you breathe ASBESTOS today you may get ASBESTOSIS in 20 years. The latency period for most asbestos diseases is 10 – 40 years long.

LEAK- TIGHT Sealed so that solids or liquids cannot escape or spill out. It also means dust-tight. Six mil poly waste bags or sealed drums are examples of items that could be considered leak tight.

LIGHT MICROSCOPE A microscope which shines light on a sample. Light microscopes cannot blow up images as large as ELECTRON MICROSCOPES. POLARIZED LIGHT MICROSCOPES (PLMs) and PHASE CONTRAST MICROSCOPES (PCMs) are light microscopes.

LOCAL EXHAUST VENTILATION Hooking up a vacuum or air duct right at the place where work is being done (for example, on a power tool). This is different from general ventilation – bringing fresh air into a room.

LOCKDOWN A sticky sealant which is sprayed on beams, decks, ceilings, etc. **after** ASBESTOS is cleaned off. Lockdown seals in any invisible FIBERs that weren't cleaned up.

LOCKOUT/TAGOUT LOCKOUT is putting a lock on the electrical box during ASBESTOS work or CONFINED SPACE work so that no one will turn the power on by accident. TAGOUT is putting up a warning sign explaining why the power box is locked.

LUNG CANCER	A disease which is a CANCER of the lung. It is an abnormal growth of cells in the lung tissue, usually growing in the BRONCHI.
MATERIAL SAFETY DATA SHEET	MSDS – A chemical fact sheet. Your employer must train you how to use Material Safety Data Sheets.
MAXIMUM USE LEVEL	The highest amount of asbestos a respirator can handle and protect you against.
MEDICAL EXAM	An exam given by a doctor to check your health.
MESOTHELIOMA	A disease caused by ASBESTOS. It is a CANCER of the lining of the lungs or the lining of the stomach and digestive system.
MSDS	See MATERIAL SAFETY DATA SHEET.
NEGATIVE AIR MACHINE	A heavy-duty fan with HEPA filters in it. All the air that leaves the work room is pulled through the negative air machine.
NEGATIVE AIR PRESSURE	When a NEGATIVE AIR MACHINE is running, the air pressure inside the work room is less than the air pressure outside the work room. ASBESTOS cannot leak out of the work room.
NEGATIVE PRESSURE SEAL CHECK	A test to check the seal of your RESPIRATOR to make sure that it is fitted to your face so that there are no leaks for fibers to get in. You use NEGATIVE PRESSURE for this check. It is a check you must do each and every time that you put on your RESPIRATOR.
NEGATIVE PRESSURE RESPIRATOR	A face mask (RESPIRATOR) that works by using NEGATIVE PRESSURE to seal the face piece to the face. NEGATIVE PRESSURE means that there is less air pressure inside the face mask than outside the face piece.

NESHAP	The National Emission Standards for Hazardous Air Pollutants. An EPA regulation for ASBESTOS.
NIOSH	The National Institute for Occupational Safety and Health – A U.S. government agency that researches worker safety and health. NIOSH recommends changes in the regulations to OSHA. NIOSH also approves respirators.
NON-FRIABLE	ASBESTOS that **cannot** be crumbled by hand pressure.
O&M PLAN	Operations and Maintenance Plan – A plan for controlling the ASBESTOS that remains in a building. This plan includes: 1) Where the asbestos is found in the building. Many asbestos materials should be labeled. 2) The amount of training that workers must receive to work with the material. 3) The permits which must be obtained before working with asbestos. 4) Accepted ways to work with asbestos safely. This includes equipment, worker protection, and medical exams. 5) When and how to check the condition of asbestos materials and record any changes.
OCCUPATIONAL SAFETY AND HEALTH ADMINISTRATION	See OSHA.
OSHA	The Occupational Safety and Health Administration – A U.S. government agency that covers worker safety and health on the job.
OSHA STANDARD	An OSHA regulation, for example, the OSHA Asbestos Standard.
OXYGEN-DEFICIENT ATMOSPHERE	An atmosphere containing an oxygen level less than 19.5 percent.

PAPR	Powered Air Purifying Respirator – An AIR – PURIFYING RESPIRATOR (a face mask with a filter) that has a pump. This pumps air through the filter to the face piece. It is a POSITIVE PRESSURE RESPIRATOR You can request a PAPR whenever a NEGATIVE PRESSURE RESPIRATOR is required by law.
PCM	Phase Contrast Microscope – The microscope used to count ASBESTOS FIBERS from PERSONAL AIR SAMPLES. PCM is sometimes used for AREA AIR SAMPLES.
PEL	Permissible Exposure Limit – The PEL is 0.1 fibers per cubic centimeter over an 8-hour day. This is OSHA' s legal limit on how much ASBESTOS you may be exposed to.
PERMISSIBLE EXPOSURE LIMIT	See PEL.
PERSONAL AIR SAMPLE	An AIR SAMPLE taken in a worker's breathing area. This is an accurate measure of how much asbestos the worker was EXPOSED to. Personal air samples are taken on a few workers every day.
PFT	See PULMONARY FUNCTION TEST.
PHASE CONTRAST MICROSCOPE	See PCM.
PLEURA	A two-layered lining of the chest area. It wraps around the lungs and the inside of the rib cage.
PLM	Polarized Light Microscope – The microscope used to look at BULK SAMPLES.
POLARIZED LIGHT MICROSCOPE	See PLM.

POLY	Polyethylene sheet plastic – Sheet plastic that is taped to walls and floors to protect them from ASBESTOS while work is going on.
POSITIVE-PRESSURE Seal CHECK	A test to check the seal of your RESPIRATOR to your face. You check for leaks by testing the fit with POSITIVE PRESSURE. You make the POSITIVE PRESSURE by blowing into the mask.
POSITIVE-PRESSURE RESPIRATOR	A face mask that has more air pressure inside the mask then outside the mask. These RESPIRATORs are more protective then the NEGATIVE PRESSURE RESPIRATORs. With POSITIVE PRESSURE the air leaks from the inside to the outside.
POWERED AIR PURIFYING RESPIRATOR	See PAPR.
PRESSURE-DEMAND AIR-SUPPLIED RESPIRATOR	A face mask with air supplied to the mask through a hose. The amount of air that is supplied to you is exactly what you "demand." There is a regulator that senses the amount of air that you need to breathe.
PROTECTION FACTOR	PF – The degree of protection of a RESPIRATOR. The Protection Factor is determined in a laboratory.
PULMONARY FUNCTION TEST	A breathing test to see how well your lungs are working. It measures how much air you can breathe in and out. It can tell you if there is a problem with your lungs.
QUALITATIVE FIT TEST	A test that tells you if you have any leaks in your RESPIRATOR. You are tested by someone who follows the OSHA procedure. If you smell or taste the testing substance, you have a leak and the respirator does not fit. You must have a qualitative fit test for any NEGATIVE PRESSURE RESPIRATOR that is issued to you.

QUANTITATIVE FIT TEST	A test that tells you if you have any leaks in your RESPIRATOR. It is a very accurate test. It uses a probe to determine the amount of testing agent outside the mask and the amount inside the mask. It gives you the personal PROTECTION FACTOR which that mask has for you.
RACM	Materials covered by the NESHAP regulations: 1) FRIABLE ASBESTOS material, 2) CATEGORY I NON-FRIABLE ACM that will or has become FRIABLE, or 3) CATEGORY II NON-FRIABLE ACM that has a high probability of becoming or has become FRIABLE during demolition or renovation.
REGULATED ASBESTOS CONTAINING MATERIAL	See RACM.
RENOVATION	Changing a building or one or more building parts in any way, including the stripping or removal of RACM. (Operations whereby load-supporting building parts are wrecked or taken out are DEMOLITIONS.)
REPAIR	Putting a patch on ASBESTOS pipe insulation. A way to control ASBESTOS without removing it.
RESPIRATOR	A face mask used to protect you. It either filters your breathing air or supplies you with clean breathing air.
SCBA	Self-Contained Breathing Apparatus – A positive pressure, pressure demand AIR- SUPPLIED RESPIRATOR for which you carry the air supply in a tank.
SPECS	Contract specifications – A written plan for the job that the building owner writes. The contractor must follow the specs.

SPRAYBACK	New insulation put up **after** ASBESTOS is removed and the job passes the CLEARANCE AIR SAMPLE.
SURFACTANT	A chemical added to water to make it soak into ASBESTOS faster. Surfactant makes water wetter.
TAGOUT/ LOCKOUT	LOCKOUT is putting a lock on the electrical box during ASBESTOS work or CONFINED SPACE work so that no one will turn on the power source by accident. TAGOUT is putting a tag on the box explaining why the power box is locked.
TEM	Transmission Electron Microscope -- The microscope used to count ASBESTOS from CLEARANCE AIR SAMPLES.
TRANSMISSION ELECTRON MICROSCOPE	See TEM.
TIME WEIGHTED AVERAGE (TWA)	A method of determining fiber counts for an eight hour work period by averaging shorter sampling periods together.
TYPE C RESPIRATOR	An AIR-SUPPLIED RESPIRATOR.
WHITE BLOOD CELLS	A part of the body's defense system against outside substances. They attack foreign objects like bacteria or ASBESTOS.
WORK HISTORY	A part of your medical exam. You list what you have worked with, when and where. This helps the doctor look for job-related diseases that you might have.
WORK PRACTICES	Ways of doing work that affect how safe it is. For example, keeping ASBESTOS wet is a good work practice. It keeps ASBESTOS out of the air.