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GLOSSARY

Terms in CAPITALS are defined in the glossary.

ABATEMENT	Lessening the HAZARD of ASBESTOS. Methods include EN-CAPSULATION, ENCLOSURE, REPAIR and REMOVAL of ASBESTOS.
ACBM	Asbestos-Containing Building Material.
ACTION LEVEL	See AL.
ADEQUATELY WET	ASBESTOS is "adequately wet" when it is wet enough so that no particles are released. 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 CLEAR-ANCE AIR SAMPLES.
AHERA	The Asbestos Hazard Emergency Response Act—The statute that mandated EPA "Asbestos in Schools Rule" requiring the inspection of school buildings for ACBM, followed by implementing the appropriate response action.
ASBESTOS SCHOOL HAZARD ABATEMENT REAUTHORIZATION ACT (ASHARA)	The statute that mandated EPA to revise the Model Accreditation Plan (MAP) to extend training requirements to public and commercial buildings and lengthen training course requirements for asbestos abatement workers.
AIRLOCK	Empty spaces sometimes placed between DECON chambers in order to limit the flow of air.
AIR-PURIFYING RESPIRATOR	Protective equipment. A face mask with filters that you wear. It filters or purifies the air in the work area before you breathe it.
AIR SAMPLES	A measurement of the amount of ASBESTOS in the air using a sampling pump.
AIR-SUPPLIED RESPIRATOR	A face mask with a hose. It supplies clean air to the respirator from outside the work area.



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ALVEOLI	Tiny air sacs in the lungs where oxygen enters the 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 a stationary location. A sampling pump is set either inside or outside an asbestos work area to determine airborne fiber levels.
ASBESTOS	A natural mineral used for insulation, soundproofing, or decoration in many buildings. Asbestos breaks into FIBERS. It causes lung cancer and other diseases. Materials with more than 1% asbestos content are considered asbestos under AHERA.
ASBESTOSIS	A disease caused by ASBESTOS. It is the scarring of the lungs, also known as "white lung".
B-READER	A doctor who has had special training and has been certified to identify signs of occupational diseases on X-rays.
BRONCHUS(I)	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, tasteless poisonous gas.
CARTRIDGE	A filter used on an AIR-PURIFYING RESPIRATOR.
CATEGORY I NONFRIABLE ACBM	ASBESTOS-containing gaskets, resilient floor covering, and asphalt roofing products that cannot be crushed by hand pressure. Must also contain more than one percent of asbestos as determined by using a PLM.
CATEGORY II NONFRIABLE ACBM	All NONFRIABLE materials that are not Category I nonfriable ACBM.
CILIA	Very tiny hairs that line the walls of your windpipe and BRONCHI. They beat rapidly and move mucus up your windpipe to remove dust and particles, including asbestos fibers, from your respiratory system.



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CLEAN ROOM	The first room in the DECON UNIT (going in). Clean suits and 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 to be reoccupied.
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 ventilation, and 3) not designed for continuous worker occupancy.
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.
CUBIC CENTIMETER	A volume about the size of a sugar cube. Asbestos in the air is measured in FIBERS per cubic centimeter.
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 state before it supplies you the air that you need. This is not a respirator used for ASBESTOS ABATEMENT work.



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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.
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 can blow up images much larger than LIGHT MICROSCOPES.
ENCAPSULANT	A sticky paint used to lock down ASBESTOS.
ENCAPSULATE	To cover ASBESTOS with a sticky paint. (A way to control ASBESTOS without removing it). Can also be a liquid that soaks into the ACBM and binds it together from within.
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 (EPA)	Environmental Protection Agency—A U.S. government agency that writes and enforces regulations to protect land, air, water, and public health.
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.



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F/CC	FIBERS per CUBIC CENTIMETER of air—ASBESTOS is measured this way. Air is pumped through 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"— Asbestos containing materials that, when dry can be crumbled or pulverized 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.
GLOVEBAG	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 removing small sections of asbestos pipe insulation.
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. Must be worn with the proper filters.
HAZARD	A danger or a risk.
HEAT STRESS	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.



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HEPA VACUUM	HEPA-equipped vacuum cleaner—A vacuum cleaner which filters air through a HEPA FILTER and will not redistribute asbestos fibers into the air.
HVAC SYSTEM	Heating, Ventilating, and Air Conditioning system—The system that heats or cools a building. Usually a central heating and cooling system that blows air through ducts.
INDUSTRIAL HYGIENIST (IH)	A scientist who is trained to control workplace health and safety HAZARDS. An industrial hygienist (IH) usually takes air samples and inspects ASBESTOS jobs.
LATENCY PERIOD	A time gap between when you were exposed to a toxic material 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 or through 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 power sources will not be turned on by accident. TAGOUT is putting up a warning sign explaining why the power box is locked.
LUNG CANCER	A disease of abnormal growth of lung cells or lung tissue.



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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 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.
MSHA	The Mine Safety and Health Administration—A U.S. government agency which, aside from creating and enforcing safety rules for miners, approves respirators.
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 FIT 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. These rules are designed to keep asbestos out of the air.
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.
NONFRIABLE	ASBESTOS that cannot be crumbled by hand pressure.



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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.
OBSERVER/ ATTENDANT	A worker stationed outside a CONFINED SPACE to monitor what's going on inside.
OCCUPATIONAL SAFETY AND HEALTH ADMINISTRATION (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 .
PERMISSIBLE EXPO- SURE LIMIT (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 a worker may be exposed to.
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.



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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 of suspect ACM .
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 FIT 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 than outside the mask. These RESPIRATORS are more protective than 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 enough to meet 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.



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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. The test uses irritant smoke, banana oil, or saccharine. 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.
REGULATED ASBESTOS- CONTAINING MATERIAL (RACM)	Materials covered by the NESHAP regulations 1) FRIABLE ASBESTOS material, 2) CATEGORY I NONFRIABLE ACBM that will or has become FRIABLE, or 3) CATEGORY II NONFRIABLE ACBM that has a high probability of becoming or has become FRIABLE during demolition or renovation.
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	A way to control ASBESTOS without removing it. An example would be putting a patch on asbestos pipe insulation.
RESPIRATOR	A face mask used to protect you from breathing asbestos fibers or other contaminants. It either filters your breathing air or supplies you with clean breathing air.
SMALL-SCALE, SHORT-DURATION	Asbestos tasks which involve disturbing a small amount of asbestos in order to get the primary task done.
SCBA	Self Contained Breathing Apparatus—An 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 non-asbestos insulation put up after ASBESTOS is removed and the job passes the CLEARANCE AIR SAMPLE.



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SURFACTANT	A chemical added to water to make it soak into ASBESTOS faster. Surfactant makes water wetter.
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 by averaging exposure over a set time limit.
TYPE C RESPIRATOR	An AIR-SUPPLIED RESPIRATOR.
VISIBLE EMISSIONS	Asbestos dust given off by RACM, asbestos-containing waste material, or any asbestos milling, manufacturing, or production which can be seen without the aid of instruments.
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 the worker's medical exam. It includes a list of the type of work a person has done and the type of chemical or hazards a person might have been exposed to. This helps the doctor look for job-related diseases that a worker might have or develop.
WORK PRACTICES	Ways of doing work that affect safety on the job. For example, keeping ASBESTOS wet is a good work practice. It keeps ASBESTOS out of the air.

