



# ASBESTOS AWARENESS SAFETY SUPPORTER PACK



**SITESAFE**  
Te Kaltlaki o Haumaru

# Asbestos Awareness

## Safety Supporters Pack



Thanks for showing your commitment to improving safety outcomes for New Zealand workers.

This supporters pack is designed to help support your communications and create awareness about the Site Safe Asbestos Awareness course.



**Exposure to asbestos is one of the biggest work-related risks to construction workers.**



**Effects can be long-term and catastrophic.**



**Every year, 220 people die from asbestos-related disease \***



**Asbestos is still found in many homes, workplaces and public buildings throughout New Zealand**

### A3 AND A4 POSTER

We have posters available, and with a QR code, they can be downloaded, printed and displayed onsite or in your workplace.

Click the image below to download.

## A3



**Protect yourself. Protect others.**  
**Did you know, asbestos remains a silent hazard in many NZ buildings?**

-  Around 220 people die each year from asbestos
-  Exposure to asbestos can cause serious health issues
-  Asbestos fibres are finer than human hair
-  Asbestos left undisturbed is unlikely to pose a health risk
-  Houses built/renovated before 2000 is likely to contain asbestos
-  Mesothelioma is a common disease caused by asbestos

  Learn more. Test your own asbestos awareness with this great quiz.

## A4



**Protect yourself. Protect others.**  
**Did you know, asbestos remains a silent hazard in many NZ buildings?**

-  Around 220 people die each year from asbestos
-  Exposure to asbestos can cause serious health issues
-  Asbestos fibres are finer than human hair
-  Asbestos left undisturbed is unlikely to pose a health risk
-  Houses built/renovated before 2000 is likely to contain asbestos
-  Mesothelioma is a common disease caused by asbestos

  Learn more. Test your own asbestos awareness with this great quiz.

# SOCIAL MEDIA PACKS

Select the social content and image for your social channel.

## Caption #1

Did you know every tradesperson is likely to come into contact with asbestos at work?

Tradies are most at risk of regular exposure to airborne asbestos fibres. This is because we often have to deal with products that may contain asbestos, such as fibreboard, lino and vinyl flooring, and laminated bench tops in kitchens.

We're pleased to see WorkSafe and Site Safe coming together to produce a new Asbestos Awareness course, designed in consultation with the construction industry, like ours, where Asbestos is a serious concern

Learn more here. And test your own asbestos awareness with this great quiz.  
<https://www.riddle.com/view/KI3Ltkop>

## Caption #2

FACT: Approximately 220 people die from asbestos-related disease each year.

It remains a serious risk for our workers, and the first step is knowing how to spot it.

We're pleased to see WorkSafe and Site Safe coming together to produce a new Asbestos Awareness course, designed with deep consultation with all the industries, like ours, where Asbestos is a serious concern

Learn more here. And test your own asbestos awareness with this great quiz.  
<https://www.riddle.com/view/KI3Ltkop>

Click the image to download.

## Meta



Around 220 people die each year from asbestos



Exposure to asbestos can cause serious health issues



Asbestos fibres are finer than human hair



Asbestos left undisturbed is unlikely to pose a health risk



Houses built/renovated before 2000 is likely to contain asbestos



Mesothelioma is a common disease caused by asbestos



## Story



**Asbestos remains a silent hazard in many NZ buildings!**



# LinkedIn



Around 220 people die each year from asbestos



Exposure to asbestos can cause serious health issues



Asbestos fibres are finer than human hair



Asbestos left undisturbed is unlikely to pose a health risk



Houses built/renovated before 2000 is likely to contain asbestos



Mesothelioma is a common disease caused by asbestos



# Instagram



Around 220 people die each year from asbestos



Exposure to asbestos can cause serious health issues



Asbestos fibres are finer than human hair



Asbestos left undisturbed is unlikely to pose a health risk



Houses built/renovated before 2000 is likely to contain asbestos



Mesothelioma is a common disease caused by asbestos



## ARTICLE FOR ONLINE JOURNALS AND BLOGS

### The Silent Killer: Asbestos Dangers and Hazards in New Zealand

Asbestos, a naturally occurring fibrous material once lauded for its heat resistance and durability, remains New Zealand's number one workplace killer. Despite its ban in raw form in 1984 and a comprehensive ban on all asbestos-containing products in 2016, its legacy continues to pose significant health risks across the country, particularly in buildings constructed before 2000. Each year, approximately 220 New Zealanders tragically die from asbestos-related diseases, underscoring the critical need for awareness and stringent safety protocols.

### The Invisible Threat: How Asbestos Harms

The primary danger of asbestos lies in its microscopic fibres. When asbestos-containing materials are disturbed—through activities like drilling, cutting, sanding, or demolition—these tiny, invisible fibres are released into the air. Once inhaled, they can lodge in the lungs and remain there for decades, causing inflammation, scarring, and ultimately, severe and often fatal diseases. There is no known "safe" level of asbestos exposure; even a single significant exposure can lead to serious health problems later in life.

WorkSafe New Zealand categorises asbestos into two main types: friable and non-friable. Friable asbestos is crumbly and easily releases fibres, posing a higher risk. Non-friable asbestos has fibres bonded into another material, like cement, and is less likely to release fibres unless disturbed or deteriorating. Both types, however, can be hazardous if not managed correctly.

### Devastating Health Consequences

The diseases caused by asbestos are slow to develop, often taking 20 to 50 years to manifest after initial exposure. These conditions are typically incurable and can severely impact quality of life before becoming life-threatening. The main diseases include:

- **Mesothelioma:** A rare and aggressive cancer affecting the lining of the lungs, abdomen, or heart. It is almost always fatal.
- **Lung Cancer:** Asbestos exposure significantly increases the risk of lung cancer, especially when combined with smoking.
- **Asbestosis:** A chronic, restrictive lung disease characterized by scarring of lung tissue, leading to persistent dry cough, difficulty breathing, and chest pain.
- **Pleural Plaques and Thickening:** Non-malignant conditions where fibrous thickenings or scarring occur on the lung linings, which can cause pain and breathing difficulties.
- **Other Cancers:** Asbestos exposure has also been linked to cancers of the larynx, ovaries, and bile ducts.

Symptoms are often non-specific and can include a persistent cough, chest or shoulder pain, unexplained weight loss, and recurring lung infections.

### Prevalence in New Zealand

Asbestos was widely used in New Zealand building materials from the 1940s to the 1980s due to its excellent insulating and fire-retardant properties. It can be found in a vast array of products within homes and commercial buildings, including:

- Roofing and wall cladding (e.g., Fibrolite)
- Insulation (loose-fill, pipe lagging, insulation boards)
- Floor coverings (vinyl tiles and their backing)
- Textured ceilings (e.g., stucco, stipple)
- Cement products (pipes, gutters, eaves)
- Electrical switchboards and fireproofing materials

Given its widespread historical use, anyone working on or living in older buildings is potentially at risk of exposure, particularly during renovations, maintenance, or demolition activities.

### Managing the Risk: Professionalism and Awareness

Both WorkSafe and Site Safe emphasise that the key to managing asbestos risk is identification, careful management, and professional removal. If asbestos is suspected, it is crucial not to disturb it. Homeowners and businesses are advised to:

- **Assume Asbestos is Present:** In buildings built before 2000, assume asbestos is present until proven otherwise.
- **Get it Tested:** Have suspected materials tested by an accredited laboratory.
- **Engage Licensed Professionals:** For removal or significant disturbance, engage WorkSafe licensed asbestos removalists. These professionals follow strict regulations, including the Health and Safety at Work (Asbestos) Regulations 2016, to ensure safe removal and disposal.

- **Implement Management Plans:** Workplaces and building owners must have an asbestos management plan in place to identify and control risks.
- **Use Proper PPE:** Anyone working near asbestos must use appropriate personal protective equipment (PPE), including respirators with P3 filters and disposable coveralls.
- **Stop Work Immediately:** If asbestos is accidentally disturbed, stop work, clear the area, seal it off, and seek professional advice.

Asbestos remains a grave hazard in New Zealand. By understanding its dangers, recognising where it might be found, and adhering to strict safety protocols and professional guidance from organisations like WorkSafe and Site Safe, we can collectively reduce exposure and protect lives.

We're pleased to see WorkSafe and Site Safe coming together to produce a new Asbestos Awareness course, designed with deep consultation with all the industries, like ours, where Asbestos is a serious concern

Learn more here. And test your own asbestos awareness with this great quiz.  
<https://www.riddle.com/view/KI3Ltkop>

## NEWSLETTER CONTENT

### Are you asbestos aware?

A critical new Asbestos Awareness course has been launched in New Zealand, aiming to bolster protection for thousands of workers against the dangers of exposure to asbestos fibres.

Developed by Site Safe in collaboration with WorkSafe New Zealand, the half-day classroom course provides essential knowledge for identifying the presence of and ensuring health and safety are protected around asbestos-containing materials (ACMs), which are still prevalent across the country.

Asbestos, once a common building material, poses severe long-term health risks if disturbed and dust is created. As a result, every year, 220 New Zealanders die from asbestos-related illness.

Site Safe have created a great free quiz to test your asbestos awareness.  
<https://www.riddle.com/view/KI3Ltkop>

## TEST YOUR ASBESTOS KNOWLEDGE

Ready to put your asbestos knowledge to the test? Site Safe invites you to tackle our Asbestos Awareness Quiz! Journey through a house villa, factory, and even an old car as you identify hidden asbestos hazards. Challenge yourself and your workmates to spot them all and ensure you're aware of the risks.

*Start the Quiz Now!* Or scan the QR code below:

