

Toxic and Hazardous Substance Exposure

Self-Inspection Checklist

Guidelines: This checklist covers regulations issued by the U.S. Department of Labor, Occupational Safety and Health Administration (OSHA) under the general industry standards 29 CFR 1910.1000 to 1910.1500. These regulations are designed to protect workers from exposure to toxic and hazardous substances.

Regulations dealing with toxic and hazardous substance exposures at construction sites are different. Please consult 29 CFR 1926.55, for construction, alteration, demolition, or repair that includes painting and decorating.

Compliance with this section of the OSHA regulations cannot be determined accurately using a self-inspection checklist. Complex judgments regarding chemical toxicity, duration of exposure, sensitive populations, adequacy of personal protective equipment in use, and unique operating circumstances that may be encountered in a career-technical school setting make a "yes or no" evaluation inappropriate. However, the following general questions can be asked to determine which areas need further study.



Questions marked with this symbol may require the help of an outside expert.

Please
Circle



1. Are work areas controlled to prevent airborne chemical gas, mist, vapor, fumes, or dust from being generated and released into a person's breathing area?

Y N N/A

Note: Airborne concentrations of hazardous substances above an acceptable limit are considered excessive and are usually determined by air monitoring. If you suspect a problem exists, consult an expert.

2. Are employees free from medical complaints or symptoms that could be associated with work activities?

Y N N/A

Note: Such symptoms might include headache; nausea; vomiting; drowsiness; vision problems; skin or lung irritation; itching; excessive watering of the eyes; sleeplessness; coughing; excess sputum; impaired motor skills or coordination; skin, teeth, or gum discoloration; and hair loss.

Y N N/A



3. In areas where individual exposures are suspected to be above acceptable limits, has air monitoring been performed?

4. Are affected persons provided with written copies of air monitoring results? **Y N N/A**



5. Are persons who are exposed to hazardous substances above the permissible exposure limits provided with appropriate personal protective equipment (such as respirators) on an interim basis until engineering or administrative controls reduce exposures below permissible exposure limits? **Y N N/A**

6. If chemical exposures exceed VOSHA permissible exposure limits, are engineering or administrative controls being implemented? **Y N N/A**

Note: Regardless of the situation, every effort should be made to reduce or eliminate all exposures.



7. Are employees included in a medical surveillance program appropriate for the types of chemicals to which they are exposed? **Y N N/A**

8. Are appropriate housekeeping practices enforced to prevent any buildup of contaminants on exposed surfaces? **Y N N/A**

9. Are appropriate personal hygiene practices enforced such as washing hands, use of separate work clothing, prohibition against eating, drinking, and applying cosmetics? **Y N N/A**

10. Is appropriate personal protective equipment (PPE) provided such as gloves, aprons, goggles, etc. to protect against exposure? **Y N N/A**

11. Are employees trained regarding the hazards of chemicals to which they might be exposed? **Y N N/A**



12. In laboratory settings, is a written chemical hygiene plan available describing the appropriate precautions and procedures that will be followed to employees from the chemical hazards? **Y N N/A**