



Form Worker

HAZARDS AND RISKS

Site carpentry and form working typically involves cutting timber using power saws, hand saws and woodworking machines, all of which generate wood dust which can be hazardous to health when breathed in. Wood dust and other general dust can also be created by tasks such as digging of post holes to set supporting structures, and also cleaning activities.

Wood dust

Wood can be in many forms such as softwood and hardwood, and wood-based products such as MDF and chipboard. Inhaling wood dust can have many adverse effects on the respiratory tract and lungs. "Respirable" dust is the finest dust, that penetrates to the gas exchange region of the lung and is most likely to cause damage. Of particular concern, therefore, is breathing in fine airborne dust eg; arising from sanding or disturbance of settled wood dust; this may cause asthma, which is a serious, debilitating, and sometimes life-limiting condition. Exposure to any type of wood dust can also cause irritation, allergic rhinitis (runny nose) and, very rarely, nasal cancer, as well as impaired lung function.

General dust

Inhaling general dust particles can cause chronic obstructive pulmonary disease (COPD) and cause or exacerbate respiratory irritation and breathing problems.

CONTROL OPTIONS

Elimination/prevention

- Use pre-cut materials wherever possible.

Engineering controls

- Use on-tool dust extraction (LEV) for hand held tools.
- Install appropriate LEV on bench or semi permanent machines; stand-alone dust collectors can be considered for occasional use.
- Use H or M class vacuum cleaner (HEPA filter) with antistatic hoses when not wet cleaning.

Safe working methods

- Ensure good general ventilation to the work area; work outdoors if feasible.
- Set up dedicated work areas with restricted access to other workers.
- Clean up regularly using vacuums or wet cleaning; avoid dry sweeping or use of compressed air to remove dust from clothing.
- Minimise dust release eg. through damping down of ground areas and post holes when digging.

PPE

- Risk assess the tasks and also refer to the Australian Standard AS/NZ 1715 for RPE guidance.
- If local dust extraction cannot be used with power saws or machines, or if hand sawing is carried out in enclosed or poorly ventilated areas, respiratory protective equipment (RPE) is required. RPE should be a minimum of a half mask with P2 filter.

Preferred control methods

- Use pre-cut materials.
- Carry out hand sawing outdoors.
- Provide on-tool extraction and LEV for machinery, in dedicated work areas.

MANAGING THE RISK

Training & communication, supervision, maintenance & testing of controls and air

monitoring* are all vital aspects of managing the risk, in addition to health surveillance which can be a requirement in certain circumstances.

See our introductory [Respiratory Health Hazards in Construction Fact Sheet Series: Overview](#) for more information about what things to consider and implement.

Air monitoring*

Air monitoring is a specialist activity. It may be needed as part of a risk assessment, as a periodic check on control effectiveness and to assess compliance with relevant WES, or where there has been a failure in a control (for example if a worker reports respiratory symptoms). A qualified Occupational Hygienist can ensure it is carried out in a way that provides meaningful and helpful results.

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WORKPLACE EXPOSURE STANDARDS (WES) & EXPOSURE LEVELS

Agent or substance	Control/Exposure Limit	Exposure Levels
Wood Dust - Soft Timbers	5 mg/m ³ (8 hour TWA)	Exposure levels are affected by the frequency and duration of the work being undertaken and are likely to be higher in poorly ventilated spaces/areas.
Wood Dust - Certain Hard Woods	1 mg/m ³ (8 hour TWA)	

Further information

- Wood dust: Controlling the risks: www.hse.gov.uk/pubns/wis23.pdf
- Wood dust: Selecting suitable respiratory protective equipment: www.hse.gov.uk/pubns/wis14.pdf
- Controlling construction dust with on-tool extraction: www.hse.gov.uk/pubns/cis69.pdf
- COSHH Essentials: Circular bench saws: www.coshh-essentials.org.uk/assets/live/wd02.pdf
- COSHH Essentials: Cross-cut saws: www.coshh-essentials.org.uk/assets/live/wd03.pdf
- COSHH Essentials: Stand-alone dust collectors: www.coshh-essentials.org.uk/assets/live/wd09.pdf
- On video: How to improve dust control at circular saw benches: www.youtube.com/watch?v=_4kyohTbNTQ&feature=youtu.be