

TOOLBOX TALK:

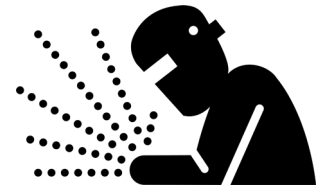
Welding work health effects

Attendance Record

Site:		Date:	
Supervisor:			
Attendees:			

Health effects from welding

- Exposure to welding fumes, ultraviolet and infrared radiation can cause short-term irritation and inflammation of the eyes, nose and throat
- Prolonged exposure to welding fumes, ultraviolet and infrared radiation, and manganese can cause serious respiratory, cardiovascular and neurological disorders
- Welders should take precautions to protect themselves, such as wearing protective clothing and using ventilation and protective equipment



Short-term health effects

- Eye, nose and throat irritation: Exposure to welding fumes can cause irritation and inflammation of the eyes, nose and throat.
- Coughing and shortness of breath: Welding fumes can irritate the lungs, causing coughing and shortness of breath.
- Headache: Exposure to welding fumes can cause headaches and dizziness due to the inhalation of irritants.
- Metal fume fever



Long-term health effects

- Respiratory problems such as asthma, bronchitis and emphysema: Prolonged exposure to welding fumes can cause serious respiratory problems such as asthma, bronchitis and emphysema.
- Cardiovascular problems: Exposure to welding fumes can increase the risk of developing cardiovascular disease.
- Neurological disorders: Prolonged exposure to welding fumes can cause memory loss, confusion and reduced motor skills.



Health monitoring

Health monitoring should be conducted by a health practitioner and may include:

- Lung function testing
- Skin checks for UV exposure and allergic contact dermatitis (nickel and chromium)
- Neurological tests from the effects of manganese exposure
- Ocular melanoma from UV exposure

