

**HAZARD
EXPOSURE
LOG**



UNIFOR
theUnion | Canada

Personal property of:

Name:

Address:

Postal Code:

Phone:

Cell:

Workplace:

Local Union:

Emergency Contact:

JOURNAL

RECORD TIMELINE

Start Date:

End Date:

The purpose of this Journal is to provide a record of hazardous chemical substances that you have come into contact with through your work history.

This Journal is a valuable resource.

These records can serve to provide necessary information to Doctors, Union Representatives and the Provincial Compensation Board in the event that you become ill from workplace exposure to hazardous chemicals.

In Canada, every material that is controlled by the Workplace Hazardous Materials Information System (WHMIS) must have an accompanying Material Safety Data Sheet (MSDS) that is specific to each individual product or material - both the

product name and supplier on the MSDS must match the material in use.

Make sure you record the product name, supplier, date of the MSDS and the Chemical Abstract Service (CAS) number for every substance you are working with.

Read your MSDS sheets thoroughly to see if they contain any carcinogens.

If carcinogenic substances are identified, then workers and management can and must play a crucial role in preventing occupational cancer. By identifying those substances in the workplace, they can be eliminated and substituted with less harmful substances and processes.

In some situations, the use of a specific substance is necessary to meet product specifications but in most cases, with more investigation, there are other solutions to producing the same results.

In the event that neither elimination nor substitution is possible then you must subscribe to the ALARA principle, which states that exposures should be kept **As Low As Reasonably Achievable**.

For known human carcinogens this means eliminating, to the fullest extent possible, all exposures to the carcinogen and for suspected carcinogens, controlling exposures to levels as low as possible.

This can be achieved in the workplace by completely enclosing processes and using strict engineering controls.

Personal protective equipment should only be used as a last resort.

The most effective way to fight cancer is to prevent it. The best way to prevent the disease is to eliminate exposure to the substances that cause it!!

Please keep your Journals in a safe place and tell your family members where you keep them in case of emergency.

**OUR MISSION
PREVENT CANCER FIRST!!!!**

