# National Silicosis Prevention and Awareness Campaign: National Safe Work Month 2025

### Newsletter

If your job involves cutting, drilling or crushing materials like stone, concrete or brick, you could be breathing in dangerous levels of silica dust. It’s the fine, invisible dust that causes harm – understanding your exposure and how to reduce it is key to protecting yourself against silicosis. Over half a million Australian workers are exposed to silica dust which can lead to devastating health impacts.

That’s why during National Safe Work Month, Lung Foundation Australia are encouraging workers to take two minutes and complete the [Healthy Lungs at Work Quiz](https://lungfoundation.com.au/campaigns/healthy-lungs-at-work-quiz/) to understand your risk. It’s also important to talk to your GP about your workplace and potential exposures or hazards you are in contact with.

Everyone has the right to be safe at work. For more information visit Lung Foundation Australia’s website, [lungfundation.com.au](https://lungfoundation.com.au/)

### Social Media Captions

1. Working with dust puts your lung health at risk. ​Even if you feel fine right now, your work could be damaging your lungs. Take Lung Foundation Australia’s Healthy Lungs at Work Quiz and get the facts you need to protect yourself.
2. Silica dust is more common than you might think, and the health impacts can be serious.​ If you work in:​

* Mining​
* Quarrying​
* Tunnelling​
* Construction ​
* Manufacturing​

You’re in one of the industries most at risk.​ Lung Foundation Australia’s Healthy Lungs at Work Quiz helps you understand your exposure and what to do next.

1. Silica dust exposure can happen without you knowing. Especially in high-risk jobs like mining, tunnelling, construction and manufacturing.​ It can cause lasting lung damage and often has no early symptoms.​ Lung Foundation Australia’s Healthy Lungs at Work Quiz can help you understand your risk and what steps to take next.