

UNSW MEDIA RELEASE

THE DANGERS OF DIY HOME RENOVATIONS

Home renovators are putting themselves at risk of developing malignant mesothelioma in later life, according to research co-authored by a UNSW academic.

Asbestos exposure is causally associated with the development of malignant mesothelioma (MM). While asbestos has been banned in many industrialised countries, including Australia, total ban since Dec 2003, asbestos-containing materials are still found in many Australian homes built pre 1990. The work has been published in the Medical Journal of Australia. The research team, including UNSW Associate Professor Deborah Yates, a thoracic physician at the St Vincent's Clinical School, administered a survey by mail to 10,000 New South Wales adults randomly selected from the electoral roll.

The questionnaire examined renovation activity, tasks undertaken during renovation and family

members reportedly exposed to asbestos.

Of the 858 respondents who had renovated their homes and described themselves as DIY renovators, 61.4% (527) reported exposure to asbestos during renovation. Additionally, 39.3% of them reported their partner had also been exposed, and 22.8% reported their children had been exposed as well.

Only 12% of the DIY renovators reported using respiratory protection regularly, while 28.4% used it "occasionally".

"Australia has the highest per-capita rate of asbestos diseases in the world, and rates of MM continue to climb", the authors wrote.

"Recently, there has been concern that exposure from disturbance of building products, including through do-it-yourself home renovation activities, accounts for an increasing proportion of deaths from MM." The researchers acknowledged that the role of low-dose exposure in the development of MM "remains controversial", saying that one unresolved question was "whether a

threshold level exists below which [cancer] does not occur".

However, "even basic precautions regarding protection against asbestos inhalation are not used in many DIY renovations", they wrote.

"Whether exposure during home renovation will result in disease in the future remains to be seen; however, this entirely preventable exposure needs to be addressed."

Foot note: It is important to remember that the 61.4% of the home renovators who could recall and were aware that they were exposed were ones that knew they were exposed. The real figure will be probably much higher as there is still a great deal of ignorance around what asbestos products/materials can be in and around your home.

Most of this item was sourced through UNSW - Media contact: Susi Hamilton, UNSW Media Office, 0422 934 024 - there are comments that ACV/GARDS have included.

ACV/GARDS recommend that you get an asbestos audit on your home if it was built prior to 1990 & if

you are thinking of doing a home renovation get as much information as possible before you decide to DIY - the preferred choice would be to call a qualified approved registered asbestos removalist - here are just a couple of sites that may help you to get the right info. Asbestos products can be found in many places in and around the house. The following is a guide only but may help.

NATA - <http://www.nata.asn.au/>
Asbestos Contractors Group.com - <http://www.asbestos-contractors-group.com/>

WorkSafe Vic - <http://www.worksafe.vic.gov.au/safety-and-prevention/health-and-safety-topics/asbestos>

Victorian Trades Hall Council recommended removalists - <http://www.ohsrep.org.au/hazards/asbestos/asbestos-in-the-workplace/asbestos-removalists-how-can-i-find-a-suitable-one>

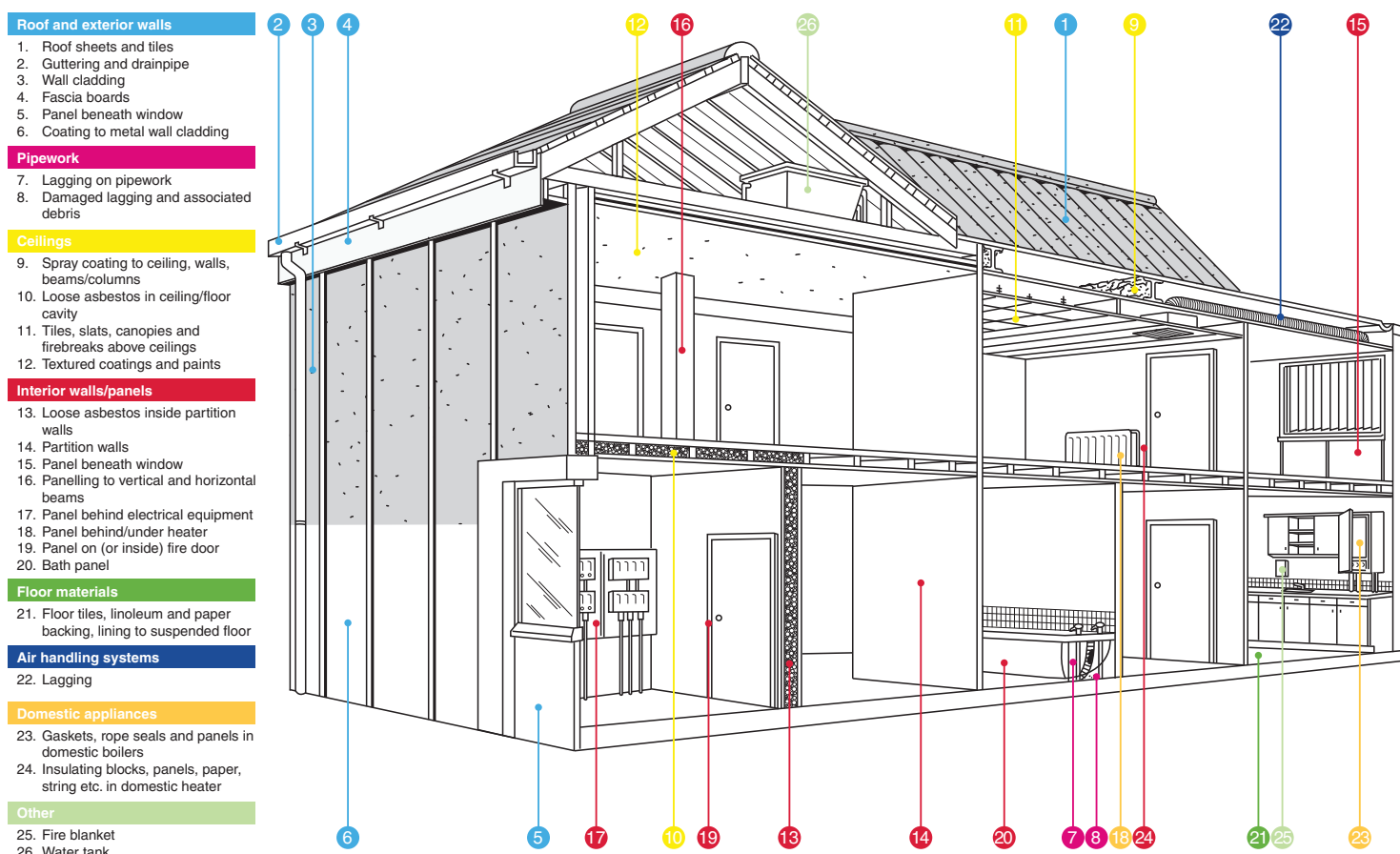
ACV/GARDS - www.gards.org

Some places that you may find asbestos

- Chimney flues
- Lining under eaves
- Electrical metre boards
- Imitation brick/weather board cladding
- Insulation in wood heater or around hearths
- Asbestos cement sheeting - internal or external walls - ceiling and floors
- Vinyl floor tiles and lino and foundation A/C backing

Do you have asbestos at home?

Typical locations for the most common asbestos-containing materials around the home.



The AIA is happy to field enquiries from the public, and provide advice or help on any asbestos issue. Phone (07) 3870 5561 during business hours.

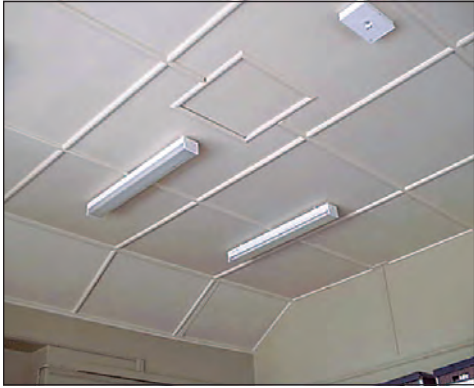


Asbestos flue pipe



Asbestos based resin Electrical fuse board

These photos were provided with the compliments of Brian Sketcher (AAQ Pty Ltd) with the sole purpose of education and awareness - thank you Brian for your help in providing these great photos.



A/C Ceiling sheeting



A/C gutting & down pipe



Asbestos Cement Roof shingles



Asbestos cement sheet to a Gable wall



Splash back at rear of sink



Asbestos backed vinyl



Asbestos containing vinyl tiles



Asbestos joint sealant



Asbestos Millboard inside Hot Water Service



Asbestos rope in poor condition



Close up of poor condition corrugated asbestos



Deteriorated Asbestos Cement gutter



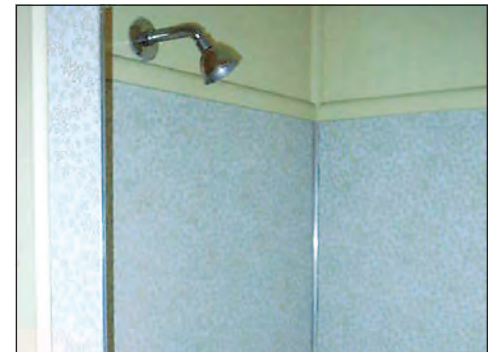
Corrugated Asbestos cement sheet fence



Damaged A/C sheet slotted eaves



Galbestos sheeting being used as fencing



Laminated Asbestos cement sheet in shower



Profiled Asbestos Cement sheet



Simulated brick cladding asbestos cement



Asbestos cement sheet garage in poor condition



Our last 3 photos on this page are of a corrugated asbestos roof near our office - the second photo is of a corrugated sheet that had been found leaning up against a fence in a backyard in our area. The third photo is that roofing sheet up close and as you can see in the photo the steel reinforcing can be clearly seen. This is the sort of corrugated roofing sheet that is seen on this house photo. Luckily this sheet has now been taken care of by a qualified registered and approved asbestos removalist. There are many corrugated A/C roofs that are in poor condition all over Australia.



GARDS Inc. Membership Form

Name:
 Address:
 Postcode: Telephone: Email:
 Occupation:

GARDS NEW MEMBERS Joining Fee \$5.00

PLUS

GARDS Annual Subscription 2013

- 1. Concession (Pensioner/unemployed) **\$3.00**
- 2. Full Rate (employed) **\$11.00**

Upon my admission as a Member, I agree to be bound by the rules of GARDS Inc.

Signature: Date: ____/____/____

Please return to GARDS Inc. with payment, PO Box 111, MOE, Vic. 3825

Office Use Only

I....., a Member of the GARDS Inc. nominate the Applicant for Membership of the Association

Signature of Proposer: Date: ____/____/____

I....., a Member of the GARDS Inc. second the nomination of the Applicant for Membership of the Association

Signature of Proposer: Date: ____/____/____

Committee of Management

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Mobile 0407 274 174

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GARDS Fees

Joining Fee: \$5.00

Annual Fees:

Pensioner/Concession

Unemployed \$3.00

Employed persons \$11.00

Meetings

SUPPORT:

Last Tuesday of month,

1.30pm - 3.30pm

EVENINGS:

3rd Tuesday of month,

7.30pm - 9.30pm

Office Hours

Monday to Thursday

10am - 4pm

Friday - By appointment

CALL IN FOR A CHAT AND CUPPA

G.A.R.D.S. SUPPORT GROUP MEETINGS FOR 2013

1.30PM – 3.30PM

Meetings are held at –

**GARDS Premises
41 Monash Road,
Newborough**

- Tuesday 26th February
- Tuesday 26th March
- Tuesday 30th April
- Tuesday 28th May
- Tuesday 25th June
- Tuesday 30th July
- Tuesday 27th August
- Tuesday 24th September
- Tuesday 29th October
- Friday 29th November – Asbestos Awareness Day, Rose Garden, Morwell
- Christmas Break-Up 7th December

G.A.R.D.S. NIGHT MEETINGS FOR 2013

7.30PM – 9.30PM

Meetings are held at –

**GARDS Premises
41 Monash Road,
Newborough**

- Tuesday 19th February
- Tuesday 19th March
- Tuesday 16th April
- Tuesday 21st May
- Tuesday 18th June
- Tuesday 16th July
- Tuesday 20th August
- Tuesday 17th September
- Tuesday 15th October
- Tuesday 19th November
- Christmas Break-Up 7th December

UP COMING EVENTS Our Night/Day Meetings

Tuesday September

Michelle Brady

Oncology massage therapist

Tuesday October

Bus trip/lunch to the Darnum Musical Village

Friday 29th November

Asbestos Awareness Event

Centenary Rose Garden, Commercial Road, Morwell 11am - free BBQ lunch at conclusion of event

SPECIAL EVENTS

November 28th, 2013 at 10am

Asbestos Awareness Morning tea event at: Moe RSL - Albert Street, Moe - Gold coin donation

December 7th, 2013 at 12 noon

ACV/GARDS Xmas Lunch - to be held at the Moe RSL - Albert Street, Moe - function room.

1st Feb 2014 at 2pm

ACV/GARDS AGM - 41 Monash Road, Newborough



ACV/GARDS INC. SUPPORT

GARDS provides support and information to asbestos sufferers, their families and carers. This includes home visits by GARDS volunteers, a telephone information/support service 24 hours, 7 days a week. GARDS has an office, which is open for sufferers, their families, carers and the general community to access at the times listed in the information section.

GARDS INC. Support also conducts a monthly meeting (1.30pm – 3.30pm) on the last Tuesday of the month) where guest presenters are invited to provide information about support services of all kinds and any other topics of interest that the members might find of relevance. The meetings also provide a gathering place

for experiences; GARDS Support is open to anyone whose lives have been affected by asbestos, their families and the general public.

GARDS loans out free of charge to asbestos sufferers - oxygen bottle regulators, conserving devices, oxygen home concentrators, wheel chairs, oxygen bottle carriers, nebuliser, walking frames & walking sticks.

We also have an extensive library of books, DVDs and CDs on asbestos issues, health, social and environmental that we loan free of charge to those wishing to improve their knowledge.

GARDS can provide professional counselling with a qualified psychologist free of charge for those who have been diagnosed with asbestos related disease and also their family members. If preferred telephone counselling can be arranged.

We are situated at:
**41 Monash Road,
 Newborough,
 Victoria. 3825**
**PO Box 111,
 Moe, Vic. 3825**
 On line donations
<http://www.givenow.com.au/gards>

Phone: **5127 7744**
 Fax: **5126 0354**
 Email: info@gards.org
 Web site: www.gards.org
 SKYPE: **VickiGARDS**



You can find our link on the home page of the GARDS website or at [facebook.com/GARDSInc](https://www.facebook.com/GARDSInc)

ACV/GARDS INC. EVENING MEETING

GARDS has an organisational, activities and advocating arm. Interested financial members can come along to evening meetings, which are, conducted 7.30pm – 9.30pm on the third Tuesday of the month.

These meetings provide a focal point for information

sharing and problem identification. The aim of this group is to focus on improving health and support services and any other issues deemed relevant to improving overall outcomes to asbestos sufferers, their families and the general public. Thus ensuring asbestos-related issues are kept in the public eye and trying to rid our environment of asbestos products.



THANK YOU **GARDS Inc.** would like to thank these sponsors and supporters



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