

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



# **HAZARD EXPOSURE LOG**



## EXPOSURE DATA

[illegible]

## EXPOSURE DATA

Personal property of:

Workplace	Area Location	Chemical	Chemical Abstract #	Date
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[illegible]

Name:

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Address:

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Postal Code:

Phone:

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Cell:

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Workplace:

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Local Union:

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Emergency Contact:

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# RECORD TIMELINE

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Workplace Area	Chemical	Chemical	Date
Location		Abstract #	

[illegible]

## EXPOSURE DATA

[illegible]

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

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.

[illegible]

## EXPOSURE DATA

[illegible]

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.

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

[illegible]