## Cancer-causing Agents in the Workplace: What's the Story?

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## Cancer is a big issue

- Canada: Leading cause of death
- 2 in 5 Canadians
- Global: Over 19 million new cases/year (up from 14 million in 2012)



## Risk Factors



Source: US National Cancer Institute

## Occupational Cancer

Global Estimates, 2016:

- 349,000 deaths
- 7.2 million Disability Adjusted Life Years

"Occupational cancer...tends to be concentrated among relatively small groups of people among whom the risk of developing the disease may be quite large, and such risks can usually be reduced or even eliminated, once they have been identified.
The detection of occupational hazards should therefore have a higher priority in any program of cancer prevention than their proportional importance might suggest."

Doll \& Peto, 1981

## Burden of Occupational Cancer in Canada

## 2019 Report:

- Occupational exposures account for about 4\% of new cancer cases (9,70010,400 )
- Majority attributed to solar radiation, asbestos, diesel engine exhaust, crystalline silica, and shiftwork
- Other important exposures: welding fumes, radon, second-hand smoke, polycyclic aromatic hydrocarbons, arsenic, benzene



## Occupational Cancer Burden Estimates



## Occupational Cancer Burden Estimates

1. What causes cancer in humans (what is the hazard?)

IARC MONOGRAPHS ON THE IDENTIFICATION OF CARCINOGENIC HAZARDS TO HUMANS


International Agency for Research on Cancer
World Health

3. What are the risks associated with exposure to the hazard?


## IARC Monographs: "The encyclopaedia of carcinogens"

- Chemicals
- Complex mixtures
- Occupational exposures
- Physical and biological agents
- Personal habits



## Evidence Synthesis and Classification



## Hazard versus Risk



ом

The IARC Monographs identify environmental factors that are carcinogenic hazards to humans. These include chemicals, complex mixtures, occupational exposures, physical agents, biological agents, and lifestyle factors. National health agencies can use this information as scientific support for their action to prevent exposure to potential carcinogens.

READ MORE

| featured volumes |  |
| :---: | :---: |
|  |  |
| IARC MONOGR | ISOBUTYL NITRITE, $\beta$-PICOLINE, AND SOME ACRYLATES VOLUME 122 |

## IARC MONOGRAPHS ON THE IDENTIFICATION OF

 CARCINOGENIC HAZARDS TO HUMANS

@ SEE ALL NEWS
© see all meetings

https://monographs.iarc.who.int/

## Occupational Cancer Burden Estimates Based On:



# Canadian Workplace Exposures 


$\boldsymbol{O}_{\text {carex }}^{\text {carex }}$

| more resources <br> Classifying Carcinogens | Profiles \& Estimates |
| :---: | :---: |
| Priortizing Canadians Exposures |  |
| Environmental Approach | CAREX Canada has developed profiles and estimates of occupational and environmental exposure for a number of known, probable, and possible carcinogenic agents. The profiles detail carcinogenic evidence, main uses, regulatory |
|  | information, and the potential for exposure to the Canadion population. The environmental exposure estimates have |
| Occupational Approach | detailed information on where people in Canada are exposed, at the national and provincial levels. The occupational |
| Canadian Workplace Exposure | exposure estimates calculate the numbers of workers exposed by industry and occupation, and where data exist, |
| Database | levels of exposure are estimated. Detailed information about data sources and methods are available for all estimates and profies. |



Arsenic

https://www.carexcanada.ca/carcinogen-profiles/\#

Antineoplastic Agents

Asbestos
Benzene

Carcinogen Profiles Special Topics ~ Resources ~ About Us English

н Home
IU Industry

## eWORK Online

eWORK Online is an interactive tool for exploring CAREX Canada's occupational exposure estimates to known and suspected carcinogens. Results show the number of workers exposed to these carcinogens nationally, by province, by industry, and by occupation for 2016. Visit our occupational approach page to learn more about the methods and data sources used to produce these estimates. For an overview of how to use eWORK Online, refer to our videos page.

## All carcinogens nationwide

The table below summarizes the total number of Canadian workers exposed Rnown or suspected carcinogens in 2016, as well as the sex* of exposed workers and estimated levels of exposure (where available). Click the carcinogen name to visit the substance's profile and learn more about its evidence of carcinogenicity, main uses, regulation, trade and production, and exposures. Workplace exposure visuals, additional estimates, exposure evel definitions, and more are available via the profile's occupational exposures tab

Download this table $\pm$

| Carcinogen 4 Wor | Workers Exposed \| Exposure Level |  |  |
| :---: | :---: | :---: | :---: |
|  | Total V | Male 4 | Female 4 |
| Night shift work $\mathbf{A}$ | 1.756,970 | 964,665 | 792,306 |
| Solar radiation | 1.657,.636 | 1,331,985 | 320,123 |
| Gasoline engine exhaust | 1,493,451 | 1.229,229 | 261,283 |
| Diesel engine exhaust | 966,422 | 879,274 | 84,976 |
| Polycyclic aromatic hydrocarbons (excl. environmental tobacco smoke) | 467,023 | 350,235 | 115,950 |
| Silica.crystalline | 428,981 | 402,238 | 26,671 |
| Second-hand smoke $\boldsymbol{A}$ | 417,973 | - | $\cdot$ |
| Benzene | 360,099 | 321,604 | 38,310 |
| Welding Fumes | 332,848 | 309,860 | 22,299 |
| Wood dust | 304,352 | 285,703 | 18,405 |
| Lead and lead compounds. | 273,464 | 245,563 | 27.788 |

## Detailed breakdowns

To view our estimates of workplace exposure by industry, occupation, or province in the tabs below. The industry and occupation tabs allow you to view the number of workers exposed to a particular carcinogen in each industry or occupation (when sorted "by carcinogen"), or the number of workers exposed to each carcinogen in a particular industry/occupation (when sorted "by
industry/occupation"). The province tab allows you to explore the total number of workers exposed to eac carcinogen by province, as well as a regional breakdown by industry and occupation

A Industry


## Get the complete dataset

Can't find what you're looking for using ework Online? Download the Excel version of our eWORK tool for our complete dataset, which features more complex filters and allows for more in-depth queries.

The cotol number of workers exposed moy not alwors equal the sum of

## Exposure Reduction Resources

This is a compilation of key publications and resources from a detailed scan of exposure control resources. Please note that it is not an exhaustive list. Reference to certain organizations does not represent a recommendation or endorsement by CAREX Canada.
BOTH OCCUPATIONAL AND ENVIRONMENTAL EXPOSURES - CENERAL ..... -
BOTH OCCUPATIONAL AND ENVIRONMENTAL EXPOSURES - SPECIFIC CARCINOCENS - SOLAR UV RADIATION ..... -
ENVIRONMENTAL EXPOSURES - GENERAL ..... -
ENVIRONMENTAL EXPOSURES - SPECIFIC CARCINOGENS - ACRYLAMIDE ..... -
ENVIRONMENTAL EXPOSURES - SPECIFIC CARCINOCENS - ARSENIC ..... -
ENVIRONMENTAL EXPOSURES - SPECIFIC CARCINOGENS - ASBESTOS ..... $\theta$
ENVIRONMENTAL EXPOSURES - SPECIFIC CARCINOGENS - DIOXINS ..... -
ENVIRONMENTAL EXPOSURES - SPECIFIC CARCINOGENS - FORMALDEHYDE ..... -
environmental exposures - specific carcinocens - pesticides ..... -
ENVIRONMENTAL EXPOSURES. SPECIFIC CARCINOGENS. PADON

```-
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## Cancer causing agents we will cover



Night Shift
Work


Crystalline Silica


Welding


Ultraviolet Radiation


## Night Shift Work

## Night Shift Work typically conducted between 12-5am



## Impacts on Health



## Night Shift Work and Cancer



## Night Shift Work Across Provinces



# Night Shift Work by Industry \& Gender 

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## Burden of Occupational Cancer in Canada

Night shift work leads to approximately 470 to 1,200 breast cancers in women each year

- This amounts to 2-5\% of all female breast cancers diagnosed annually
- Most occur among workers in the health care sector (also accommodation and food services, trade, manufacturing)


## Canadian Regulations

- Working time mostly governed by general duty clauses
- PEI Employment Standards Act: sections on "Hours of Work" and "Rest Periods" (no specific mention of night shift work)
- Varying degrees of protection for new or expectant mothers
- Exemptions to standard work week provisions (e.g., maritime duty time limits, other sector specific)


## Global Regulations

- International Labour Standards on Working time, European Commission EU Working Time Directive
- Often protected: youth, new/expectant mothers
- Exemptions \& special rules for various worker categories
- Return to night shift work after cancer treatment?




## Risk Reduction

- Completing work during standard daylight hours is best
- Interventions that may help reduce negative impacts:
- Optimizing shift schedule design (e.g., fast forward rotating schedules)
- Flexible work schedules that allow for worker input


## Summary

- Night shift work prevalent across a range of industries
- Linked to increased risk of breast, prostate, colorectal cancers
- Limited regulation
- None is best, but best practices may help reduce cancer risk


## Solar Radiation

## Ultraviolet radiation(UVR)

International Agency on
Research for Cancer (IARC) classification is

Group 1-Carcinogen


## Ultraviolet radiation(UVR)

- Ultraviolet light in the workplace
- Sun
- Tanning beds
- Water treatment
- Disinfection systems
- Research equipment
- Teeth whitening
- Nail salons



## Other exposures to Radiation

- X-rays and radioactive substances
- As Low As Reasonable Achievable (ALARA)
- Outrage if strong protections are not inplace
- Statistics suggest there is not enough protection for UVR



## MELANOMA WORLDWIDE



Skin cancers are the most common groups of cancers diagnosed worldwide, with more than 1.5 million new cases estimated in 2020

International Agency
for Research on Cancer
World Health
Organization

## Two classifications of Skin Cancer

- Melanoma
- Non-melanoma
- Solar UVR exposure is the principal cause ...and a preventable risk factor.


Willam McElligott: the left-hand side of the truck driver's face was euposed to the sun, the other shaded in the cab. Photograph: The New England Journal of Medicine

Don't Be This Guy

## Skin Cancer in Outdoor Workplaces

- Outdoor workers experience a substantial amount of sun exposure.
- Any workers in an industry who are exposed to solar UV for at least two hours of each working day are considered at-risk.



## Skin Cancer is Most Common Cancer!

- Skin cancer is the most common type of cancer diagnosed in Canada.
- ...one-third of all new cases of cancer in the country are skin cancer. (Doctor's Nova Scotia, May 27, 2022)



## Skin Cancer Risk on PEI

- P.E.I. has the highest rates of melanoma in Canada.
- Males on PEI are at higher risk twice as many males get melanoma, in comparison to the national average.
- Melanoma is diagnosed less common than other types, but it is the most dangerous (Cdn Dermatology Assoc.)
- It was estimated that 9,000 Canadians would be diagnosed with melanoma skin cancer in 2022.


## Outdoor workplace exposures

- Occupations with the largest number of exposed workers include:
- Farmers and farm managers
- Construction trades helpers and labourers
- Landscaping and ground maintenance labourers

Non-Melanoma Skin Cancers, by Industry
Other Industries, 25\%
Forestry and
Logging, 7\%
Government
Services, $8 \%$

Agriculture, 28\%

Construction, 23\%

Transportation and Warehousing, 9\%

- Fishing and aquaculture

Cancer cases attributable to occupational risk factors in Canada for both sexes combined, 2011

*All results are based on 2011 cancer statistics.
*-The results for shiftwork were estimated as a range because research studies are not in agreement on the impact of shiftwork on breast cancer risk.
*Low estimate available in download.
..-Second-hand-smoke data only for non-smokers.

# Number of Workers Exposed to Cancer causing agents 



## New Recommendations for Protection

- In 2016, "dermatologists and cancer groups...agreed to a single set of rules."
- Recommended SPF increased from 15 to 30 or more
- Clothing is better - reach for a shirt before the sunscreen.
- Peak hours are now 11 a.m. to 3 p.m.



## Control Measures are needed

- Work in the shade whenever possible
- Avoid working outside in the peak exposure hours when possible
- Cover your skin with clothing
- Wear a hat with a brim and neck flap
- Wear sunscreen with SPF 30 or more
- Wear lip balm with SPF
- Wear eye protection (sunglasses)
- Stay hydrated



## Control Measures are needed

- Create safe work procedures and policies
- Make sun safety part of your Occupational Health and Safety program



## Sun Safety Resources

Sun Safety at Work website https://sunsafetyatwork.ca/

CAREX https://www.carexcanada.ca/special-topics/sun-safety/
Canadian Dermatology Association
https://dermatology.ca/public-patients/sun-protection/
Health Canada
https://www.canada.ca/en/health-canada/services/sun-safety/sun-safety-basics.html


## Did you know? 1.5 million

outdoor workers in Canada are substantially exposed to the sun on the job.*
The largest industrial groups exposed are:*


Exposure to ultraviolet radiation (UV) can cause sunburn, premature skin aging, eye damage and skin cancer. Tans and sunburns are signs that UV rays have damaged the skin. This damage can occur quickly and stay with you for life.

Exposure Category

| Low | Moderate | High | Very High | Extreme |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| UV Index |  |  |  |  |  |  |
| 0 | 2 | 3 | 4 | 5 | 6 | 7 |

The UV index measures the strength of the sun's rays. The higher the number, the greater the need to take precautions. Employers should:

Avoid unnecessary exposure of
workers to
the sun, especially from
11 am-3 pm
Use protection
when the UV
index is 3 or
higher.
Apply waterproof sunscreen with a Sun Protection Factor (SPF) of at least 30 that has both UVA and UVB protection to all exposed areas. Re-apply every two hours and after sweating.

Protect your skin on cloudy days and in the winter too, especially in snow or at high altitudes.

Cover and protect your skin with a broad brimmed hat, a lightweight long-sleeved shirt, and long pants. Wear UV-blocking sunglasses to protect your eyes.

Examine the skin regularly for suspicious spots. Check your skin for irregularities such as moles. See a doctor if you have unusual skin conditions that don't heal in four weeks, such as moles. See a doctor if you have unusual skin conditions that don't heal in four weeks,
sore ulcers or a scaly patch on the skin, a white patch on the lips that doesn't heal, or moles Sore uicers or a scaly patch on the skin, a white patch on the liys
that grow quickly, change shape or colour, or bleed repeatedly.

Use shaded
are shaded areas, set up shade structures or use umbrellas buildings, trees, or canopies to shield against the sun's rays.
 water.
 breaks in areas where workers can cool down.


## May is Sun Awareness Month

- Check the Canadian

LEARN HOW TO PROTECT YOURSELF FROM THE HARMFUL UV RADIATION OF THE SUN Dermatology
Association website for promotional materials to help promote sun safety at your workplace beginning May 1, 2023


## May is Sun Awareness Month

- It is true that some skin types are at higher risk but no skin type is totally immune
- UVA does not cause skin burns but still damages skin as shown in image of truck driver



## Thank You!





## Crystalline Silica

As shown in Table 1, approximately 3,000 cancers diagnosed each year in Ontario are due to occupational exposure to 16 carcinogens commonly found in the workplace (10).

Table 1: Burden of occupational cancer in Ontario

| Carcinogen | Annual cancers in Ontario (Note 1) | Currently exposed (Note 2) |
| :--- | :--- | :---: |
| Solar UV at work | 1400 non-melanoma skin | 449,000 |
| Asbestos | 630 lung, 140 mesothelioma, 15 laryngeal, <5 <br> ovarian, additional colorectal and stomach | 52,000 |
| Diesel exhaust | 170 lung, 45 bladder | 301,000 |
| Crystalline silica | 200 lung | 142,000 |
| Welding fumes | 100 lung | 169,000 |
| Crystalline silica | 200 lung | 142,000 |
| Welding fumes | 100 lung | 169,000 |


| Arsenic | 20 lung | 8,000 |
| :--- | :--- | :---: |
| Benzene | 10 leukemia, $<5$ multiple myeloma | 147,000 |
| PAHs | 60 lung, 15 skin, 30 bladder | 134,000 |
| Shiftwork | $180-460$ breast | 833,000 |
| Artificial UV Radiation | 5 ocular | 48,000 |
| Wood dust | $<5$ sinonasal, $<5$ nasopharyngeal | 92,000 |
| Formaldehyde | $<5$ leukemia, $<5$ sinonasal, $<5$ nasopharyngeal | 63,000 |

## Many respiratory hazards cannot be seen by the naked eye

And many ill health effects don't appear until many years later

# 19,976* 

LOST TIME CLAIMS IN 2021

## 50\%

HIGHER LUNG CANCER
MORTALITIES AMONG CONSTRUCTION WORKERS THAN AMONG

THE GENERAL POPULATION



## Crystalline Silica



## What are the signs \& symptoms?

| Type | Timing | Symptoms |
| :--- | :--- | :--- |
| Acute silicosis | Within a few weeks or years <br> of silica exposure | Cough, Weight loss <br> Tiredness, Sharp chest pain, <br> Breathlessness |
| Chronic silicosis | 10 to 30 years after silica <br> exposure | Inflamed lungs, Fluid build-up <br> Breathlessness, Low blood <br> oxygen |
| Accelerated | Within 10 years of frequent <br> silica exposure | Swelling in the lungs, Swelling in <br> the chest lymph nodes, Difficulty <br> breathing |

## Silicosis

## https://www.worksafebc.com/en/resources/health-safety/videos/silica-exposure?lang=en

## Silicosis $\neq$ Lung Cancer

## Theories

- Reactive oxygen in freshly fractured silica
- Direct DNA binding with silica particles
- Silica induces cellular mutations
- Silicosis undiagnosed

PEOPLE GET LUNG CANCER ATTRIBUTED TO SILICA DUST YEARLY IN GANADA


380,000 WORKERS (ESTIMATE)

Five largest exposure group
Construction trade
contractors (specialists)

Building construction
Heavy and civil engineering construction

## Metal ore mining

Cement and concrete product manufacturing

RESPIRABLE CRYSTALLINE SILICA EXPOSURE BY CANADIAN INDUSTRY Numbers potentialiy exposed

| 141,000 | $24 \%$ |
| :---: | :---: |
| 65,000 | $17 \%$ |
| 31,000 | $27 \%$ |
| 9,800 | $32 \%$ |
| 9,300 | $30 \%$ |

 AN ESTIMATED 46,000+ DIE WORLDWIDE FRON SILICOSS \& SLLICA DUST RELATED DSEASES.

## Crystalline Silica (R)

PEI Occupational Health \& Safety General Regulations, PART 11.3
...threshold limit values specified by the American Conference of Governmental Industrial Hygienists (ACGIH)...

- Crystalline Silica (Respirable)


## $0.025 \mathrm{mg} / \mathrm{m}^{3}$

## Respirable

$\mathrm{mg} / \mathrm{m}^{3}$




## Prevention

- BC Construction Safety Association Silica Tool
- Hazard assessment tool based on Sampling data
- Exposure Control Plan


## Repoint grinding (4-8 hrs)



| NO <br> Engineering <br> Control | Integrated <br> LEV |
| :--- | :--- |
| $1.934 \mathrm{mg} / \mathrm{m}^{3}$ | $0.162 \mathrm{mg} / \mathrm{m}^{3}$ |

Dust Reduction

## Administrative Controls

- Maintenance of Tools
- Housekeeping
- Decontamination
- Training on silica safety, instruction
- Planning for emergency
- Work shift scheduling
- Barriers
- Enclosures


## 1 DANGER



Crystalline silica work area.
Avoid breathing dust, may cause delayed lung disease (silicosis).
Wear respiratory protection in this area.


## Welding Fume




## Relative Size of Weld-Fume Particles

Human Hair

Weld-Fume Particle<br><br>Dust Particle

Weld-fume particles come from consumable electrodes, molten puddles, shielding gases, base metals, or previously applied paint/surface coatings.

Chemicals - studied by health professionals (e.g. toxicologists, epidemiology)

## 12019

TLVs ${ }^{\oplus}$ and BEls ${ }^{\oplus}$
Based on the Documentation of the

## Threshold Limit

Values
for Chemical Substances
and Physical Agents
$\mathcal{E}$
Biological Exposure Indices


## What's in Welding Fume?

| Irritant |
| :--- |
|  |
| Aluminum |


| Irritant |
| :--- |
| Fluorides |


| Metal Fume |
| :--- |
| Fever |
| Beryllium |


| Kidney |
| :--- |
| Damage |
| Cadmium Ox |



| Risk of Lung |
| :--- |
| Cancer |
| Chromium |

> Metal Fume Fever / CNS

Manganese

Metal Fume Fever

Copper
Irritant

Molybdenum

| Irritant / <br> Dermatitis | Bronchitis |
| :---: | :---: |
| Nickel | Vanadium |

Metal Fume
Fever
Zinc

Various depends on gas Gases

## Welding \& Cancer

- Monograph 118: Welding, Molybdenum Trioxide, and Indium Tin Oxide (IARC/18)
- Group 1 Carcinogen
- ALL welding fume is classified as a Group 1 carcinogen
- Hexavalent chromium in aluminum alloys
- Iron oxide in ferrous alloys as agents of concern


## International Agency on Research in Cancer

- 45 studies representing over 16 million workers. Found that welders are 43 per cent more likely to develop lung cancer than workers who have never worked as welders and not been exposed to welding fumes.
- Regardless of steel being welded and method of welding being used.
- Accounted for factors such as tobacco smoking or exposure to asbestos.
- Risk increased with time as welder.


## Who is Impacted?

More than 300,000
Canadians may be exposed to welding fumes in their workplaces (CAREX Canada)

- Welding happens in all industry sectors:
- Welding trade contractors
- Repair and maintenance
- Construction
- Oil or gas
- Manufacturing


## Welding Ventilation





## Thank-you!


www.surveymonkey.com/r/ohsconference

