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Arabic إذا أردت هذه الوثيقة بلغة أخرى أو بطريقة أخرى، أو إذا كنت بحاجة إلى خدمات مترجم، فنرجو أن تقوم بالاتصال بنا.

Bengali যদি আপনি এই ডকুমেন্ট অন্য ভাষায় বা ফরমেটে চান অথবা যদি আপনার একজন ইন্টারপ্রেটারের প্রয়োজন হয়, তাহলে দয়া করে আমাদের সাথে যোগাযোগ করুন।

Cantonese 本文件可以翻譯為另一語文版本，或製作成另一格式，如有此需要，或需要傳譯員的協助，請與我們聯絡。

Farsi اگر این مدرک را به زبانی دیگر یا در فورمتی دیگر میخواهید و یا اگر احتیاج به سرویس مترجم دارید، لطفاً با ما تماس بگیرید

French Si vous souhaitez obtenir ce document dans une autre langue ou sous un autre format ou si vous avez besoin des services d'un interprète, veuillez nous contacter.

Gujarati જો તમને આ દસ્તાવેજ બીજી ભાષા અથવા રચનામાં જોઈતો હોય, અથવા જો તમને ઈન્ટરપ્રિટરની સેવાઓ જોઈતી હોય તો, કૃપા કરી અમારો સંપર્ક સાધો.

Kurdish ئەگەر دەتەوی ئەم بەلگەیهت بە زمانیکی که یا بە فۆرمیکی که هه‌بی، یا پێویستت بە مۆتەرجم هه‌یه، تکایه پهبه‌هندیمان پهبه‌ه بکه

Polish Jeżeli chcieliby Państwo otrzymać ten dokument w innym języku lub w innym formacie albo jeżeli potrzebna jest pomoc tłumacza, to prosimy o kontakt z nami.

Punjabi ਜੇ ਇਹ ਦਸਤਾਵੇਜ਼ ਤੁਹਾਨੂੰ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਜਾਂ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ ਚਾਹੀਦਾ ਹੈ, ਜਾਂ ਜੇ ਤੁਹਾਨੂੰ ਗੱਲਬਾਤ ਸਮਝਾਉਣ ਲਈ ਕਿਸੇ ਇੰਟਰਪ੍ਰੈਟਰ ਦੀ ਲੋੜ ਹੈ, ਤਾਂ ਤੁਸੀਂ ਸਾਨੂੰ ਦੱਸੋ।

Somali Haddii aad ku rabtid dokumentigaan luqado kale ama daabacaad kale, ama haddii aad u baahan tahay turjibaan, fadlan nala soo xiriir.

Urdu یہ دستاویز اگر آپ کو کسی دیگر زبان یا دیگر شکل میں درکار ہو، یا اگر آپ کو ترجمان کی خدمات چاہئیں تو براۓ مہربانی ہم سے رابطہ کیجئے۔

Vietnamese Nếu quý vị muốn có tài liệu này ấn hành bằng ngôn ngữ hoặc khuôn khổ khác, hoặc nếu quý vị cần một thông dịch viên giúp đỡ, xin liên lạc với chúng tôi.

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Leaflet published January 2010

Asbestos in the Home

گهر میں ایسبیسٹاس

أسبستوس في المنزل

বাড়ীতে অ্যাসবেস্টাস

住宅中的石棉

وجود ماده عایق پنبه نسوز در منزل

L'amiante à la maison

ਬਰਮਾਂ ਅੰਬੇਸ્ટોસ (ਵਿਸ਼ਾਵਾਸੀ ਅਨਿਸ਼ ਪਦਾਰ્ਥ)

ئەزبەست لە ماڵەکەتدا

Azbest w domu

ਘਰ ਦੇ ਵਿਚ ਐਸਬੈਸਟਸ

Asbestos-ka gurigaaga

Amiăng trong nhà của quý vị



Asbestos in the Home

This leaflet addresses the main questions and concerns about asbestos in homes. It explains what it is, where it may be found, why it might be a problem and how to deal with it.

What is asbestos?

Asbestos is a strong, heat resistant material commonly used in building up until the 1980s.

Where might asbestos be found in homes?

Asbestos is commonly found in homes built between 1930 and 1980; particularly in homes built or refurbished from the 1960s onwards. Properties built since 1990 are extremely unlikely to contain any asbestos. Asbestos was also commonly used in heat resistant household products such as oven gloves and ironing boards, although this is no longer the case.

It is not always easy to tell whether a product contains asbestos, as modern asbestos free materials are often similar in appearance.

In homes built before 1990 you may typically find asbestos in the following locations:

- Bath panels
- Boxing around pipes
- Cold water tanks
- Textured paints and plasters
- Heating appliances
- Some floor tiles

Loft and cavity wall insulation **do not** contain asbestos.

Why might asbestos be a problem?

If asbestos is damaged it can release fibres into the air and these may be breathed deep into the lungs, where they can cause harm.

How should I deal with asbestos?

Asbestos materials which are in good condition (particularly if they cannot be easily removed) are best left where they are. It is advisable to check the area from time to time to make sure there is no damage.

Remember - asbestos containing materials can look very similar to those not containing asbestos - if in doubt check with Optima.



What should I do about decorating and DIY?

Asbestos containing materials should not be drilled, scraped or sanded and on no account should you attempt to remove asbestos.

If you think you have asbestos in your home you should, of course, warn anyone you ask to come to your home to carry out work. All contractors employed by Optima will already have been advised.

**If you need
further advice
check with
Optima.**