



The Hidden Dangers of Welding Fumes

Welding fumes comes with underestimated acute and chronic health risks.



Health Risks from Welding Fumes

- ✓ **Welder's flu:** Whilst this may seem like just an ordinary flu – it is your early warning sign!
- ✓ **Cancer:** All welding fumes are Group 1 carcinogens (IARC / HSE) - proven to cause lung cancer.
- ✓ **Lungs:** Asthma, bronchitis, COPD, pneumonia.
- ✓ **Brain & Nerves:** Memory loss, Parkinson's-like symptoms.
- ✓ **Other Damage:** Kidney failure, stomach ulcers, cataracts.

Protect Yourself

- ✓ Capture fumes at source – use LEV / on-tool extraction.
- ✓ Wear face-fit tested RPE.
- ✓ Keep work areas well-ventilated.
- ✓ Never weld in confined spaces without controls.
- ✓ Always risk assess – some welding (e.g. MIG) produces far more fume than others.

HSE requires all welding activities to be controlled – no safe level of exposure.

Around 152,000 UK workers are exposed to welding fumes each year (HSE).

Lung cancer risk in welders is 43% higher than in non-welders (IARC study).

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Stay safe, stay protected – welding fumes are more dangerous than you think.