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or the OSHA permissible exposure level PEL of 50 micro g for an 8 hour workday for respirable crystalline silica as determined from monitor samples Two major concerns with the HCS are the widespread occurrence of crystalline silica in nature and the suitability of current technology for routinely determining crystalline silica concentrations at the 0.1% HCS level Most ores are extracted from silica bearing deposits and silica is a common constituent of rocks and soils OSHA's HCS will have the greatest impact on the producers of crushed stone diatomite dimension stone gravel industrial sand perlite pumice pyrophyllite sand and talc because these materials frequently are shipped directly from the mill to the customer MSHA's HCS would affect nearly all mineral producers Those producers that have crystalline silica present in concentrations near the 0.1% cutoff point will have the most difficulty with the analysis Crystalline silica can be quantified at the 0.1% level by X ray diffractometry in simple systems containing one two and possibly three minerals if 1 none of the accessory minerals has X ray diffraction reflections that coincide or overlap with those of crystalline silica and 2 the standard has a particle size distribution and crystallinity similar to those of the sample In some instances it may not be possible to determine the crystalline silica content of a sample with any degree of certainty using the recommended regulatory protocol In all cases it is recommended that a qualified mineralogist identify the minerals in a sample prior to any regulatory analysis Additionally the uncertainty as to whether some silica polymorphs should be classified as crystalline or noncrystalline and the suitability of metastable high temperature standards such as cristobalite and tridymite for regulatory analysis at ambient temperatures should be addressed further This overview is written both to highlight these problems and to serve as a guide for analysts regulators and industry personnel who are involved in the crystalline silica issue It also covers some of the difficulties and or shortcomings in quantifying crystalline silica such as the ubiquitous mineral quartz in the workplace

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using training i e cardio crossfit etc in an attempt to lean a lifter out is often counterproductive it sends contradictory signals to the body for adaptation and eats up some of the very finite resources each athlete has for recovery

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