

What can I do to protect myself and my family from lead at work?

- ✓ Wash your hands and face with soap and water before eating or drinking and before leaving work.
- ✓ Do not eat, drink, or smoke in the work area.
- ✓ Change into clean clothes and shoes at work before you get into your car or go home. Put dirty work clothes and shoes in a plastic bag. Wash them separately from all other clothes. Run the empty washing machine again to rinse out any lead.
- ✓ Take a shower and wash your hair as soon as you get home. Shower at work if you can.
- ✓ Find out more about protective equipment you should use while working with lead.
- ✓ Tell your doctor that you work with lead.
- ✓ **Get a blood lead test.** If you have significant exposure at work, your employer may be required by OSHA to provide you with a test and pay for it. If you are concerned that your child has been exposed, Medicaid may cover the cost of your child's test.



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*Information adapted from publications of the California Department of
Public Health, Occupational Lead Poisoning Prevention Program.*

More information available at:

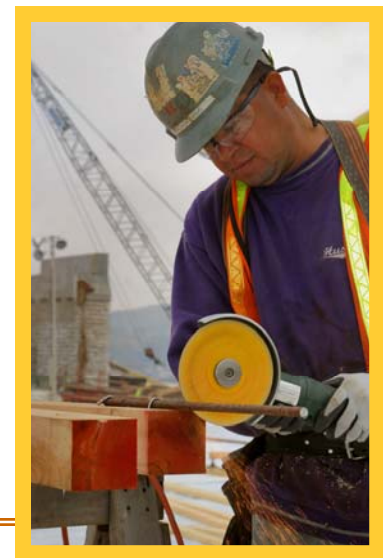
www.cdph.ca.gov/programs/olppp/Pages/Publications.aspx

Photo courtesy of NIOSH/Earl Dotter/elcoshimages.org

Don't Take Lead Home From Your Job!



Learn how to protect yourself and your family from lead poisoning.

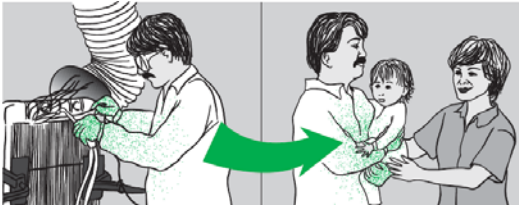


Health Damage From Lead:

- Can be permanent
- Can be occurring even if there are no symptoms
- May not show up until many years later

What can lead do to my child?

Your child can get lead poisoning if you or someone who lives in your home works with lead. Some kinds of work make lead dust and fumes. You cannot see lead dust, but it can get on your hands, face and clothes.



You can take lead dust home from your job to your family when you wear your work clothes and shoes home. Lead dust can get in your car, on furniture, floors and carpets.

Children who inhale or swallow lead dust may have problems learning and paying attention. Lead can harm the brain, nerves and kidneys. It can damage hearing and speech. Lead is even more dangerous for children under age six.

Most children with lead poisoning do not look or act sick. The only way to know if your child is being lead poisoned is with a blood test from your doctor.

How do I know if I work with lead?

You may work with lead if you:

- ⇒ Work at a shooting range
- ⇒ Remove old paint or coatings
- ⇒ Tear down or remodel houses, buildings, tanks or bridges
- ⇒ Make or fix batteries or radiators
- ⇒ Melt, cast or grind lead, brass or bronze
- ⇒ Make or paint ceramics
- ⇒ Solder
- ⇒ Work with scrap metal
- ⇒ Work with leaded lubricants

There are many other jobs and hobbies that may have lead exposure. If you are unsure if you work with lead, ask your employer.

Can lead harm my health too?

Yes. Adults who are lead poisoned may feel tired, irritable, or get aches and pains. Recent studies show that low levels of lead in adults can:

- ◆ Increase blood pressure
- ◆ Decrease brain function
- ◆ Decrease kidney function
- ◆ Harm the physical and mental development of your baby before it is born
- ◆ Increase chances of having a miscarriage

How does lead enter the body?

Lead gets into the body through the air you breathe. You can also swallow lead without knowing it if lead dust gets onto your hands or face or on food you eat. A blood lead level test measures the amount of lead in a person's blood stream. Results are given as micrograms of lead per deciliter of blood (mcg/dL or µg/dL).

No level of lead in the body is

considered safe. The health effects depend on how much and how often a person is exposed to lead. In general, if a child has a blood lead level of 10 µg/dL or higher, the family should work with a health care provider to get medical care and make changes to prevent further lead exposure. Scientists and doctors recommend that adults' blood lead levels be kept below 10 µg/dL, or 5 µg/dL for women who are pregnant or may become pregnant.

Does my employer have to protect me from lead?

Yes. Your employer must follow regulations of the Occupational Safety and Health Administration (OSHA) to prevent lead exposure at work. Find out more online at www.osha.gov.