

WHAT?

There are many ways adults can be exposed to lead, but most adults with high levels of lead are exposed through occupational demands.

Inhaling dust from worksites or ingesting lead particles can result in high levels of lead in the blood.

IF YOU WORK WITH LEAD YOU NEED TO

- Find out how much lead is in your blood
- Talk to your doctor about lead and your health
- Take steps to protect yourself at work



YOU MAY WORK WITH LEAD IF YOU...

- Make or repair radiators
- Make or recycle batteries
- Recycle scrap metal or electronics
- Melt, cast, or grind lead, brass, or bronze
- Make or glaze ceramics
- Work at a shooting range or reload bullets
- Remove paint or coatings
- Remodel homes or buildings
- Tear down buildings, bridges, or tanks
- Cut, weld, or saw lead-containing metal
- Use solder
- Do construction work in pre-1978 housing

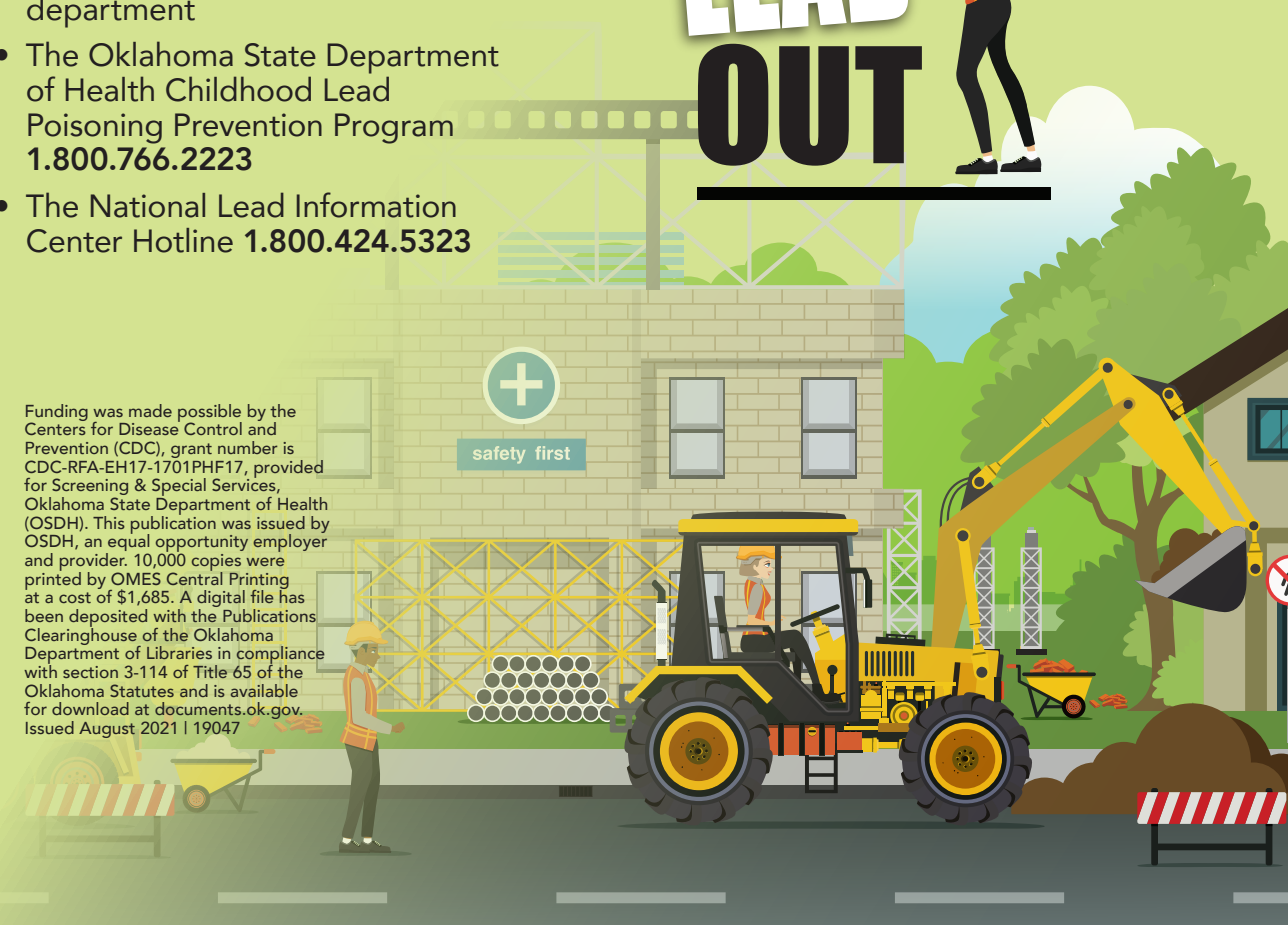


GET TESTED

For more information, contact:

- Your doctor or clinic
- Your local county health department
- The Oklahoma State Department of Health Childhood Lead Poisoning Prevention Program **1.800.766.2223**
- The National Lead Information Center Hotline **1.800.424.5323**

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GET THE LEAD OUT



OKLAHOMA
State Department
of Health

WORK
HOW TO PROTECT YOURSELF
AGAINST LEAD POISONING

GET THE LEAD OUT WITH WORK PRECAUTIONS

HEALTH DAMAGE

Health damage from lead can be permanent, occur with no symptoms, and not show up until many years later.

Even at low levels, lead can:

- Increase blood pressure
- Decrease brain function
- Decrease kidney function
- Harm the physical and mental development of your children
- Increase chances of having a miscarriage

SAFETY TIPS

Ingestion:

- Wash hands and face before eating and drinking, and before leaving work
- Do not eat, drink, or smoke in the work area
- Take a shower and wash hair before leaving work or as soon as you get home
- Change into clean clothes and shoes before you leave work, if possible

Inhalation:

- Use techniques to block inhalation of dust and fumes
- Ask your employer for a respirator

VISIT A DOCTOR

If you are exposed to lead in your occupation, you should get a blood test every 6 months.

- Ask your employer for a blood lead level test
- Ask your personal doctor for a test

During your visit to the doctor, tell them:

- What you do at work
- How long you have been at your job
- Past jobs
- If you have ever had high blood lead levels

PROTECT YOUR FAMILY

You can take lead dust from your job to your family when you wear work clothes and shoes home.

Remember to:

- Change into clean clothes and shoes before going home
- Wash your face and hands before leaving work
- Take a shower as soon as you get home
- Wash work clothes separately

