

## Protect yourself !

Protect yourself from lead exposure with safe work practices while you are at work. A few ways to protect yourself are:

Wash your hands and face before eating, drinking, or smoking. Take breaks away from lead dust and fumes.

**WARNING!**  
LEAD WORK AREA



**NO EATING OR SMOKING**

Wear protective equipment and clothing over your clothes whenever you work with lead.

Wear a clean, properly fitted respirator in all areas exposed to lead dust or fumes.



## Protect your family !

To make sure you reduce the chances of bringing lead contamination home, protect your family from the harmful effects of lead by practicing these simple guidelines:

Obtain a Material Safety Data Sheet (MSDS) from your supervisor or employer. It will identify materials on the worksite that contain lead.

Use work practices that reduce your exposure. For example, use cold damp scraping methods to remove paint.

Never use high pressure water or compressed air to clean up.

Use a damp mop and clean using a high phosphate detergent.

If vacuuming, use a vacuum with a high efficiency particulate air (HEPA) filter.

Wash your hands and face before eating or smoking.

Shower and shampoo thoroughly after work (lead dust sticks to skin and hair).

Change shoes and cloths before you go home.

Launder your work cloths at work if laundry services are provided by your employer.

If clothing must be laundered at home, launder them separately from your family's clothes.

Cut fingernails short and clean them carefully.



**ARE YOU TAKING  
LEAD HOME?**

**Oklahoma Lead Poisoning  
Prevention Program**  
Screening, Special Services, &  
Sooner Start  
Family Health Services  
1000 NE 10th St, Room 711  
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## Do you work with Lead?

According to the Environmental Protection Agency (EPA), there are 1,662 most serious hazardous waste sites in the nation. Lead has been found in at least 1,280 sites.



According to the Agency for Toxic Substances & Disease Registry (ATSDR), between 0.5 to 1.5 million workers nationwide are exposed to lead in the workplace.

Lead is a metal that occurs naturally in the environment. Although it has many beneficial industrial uses, it is harmful to humans, particularly children less than 6 years of age. Although lead is no longer used in paint, gasoline and many consumer products, some sources of lead still exist and thus pose a health hazard.

According to the National Institute for Occupational Safety & Health (NIOSH),

work that involves painting, cable splicing, construction, mining, radiator repair, recovery of gold and silver, repair and reclamation of lead batteries, smelting, welding, working on firing ranges, and manufacturing bullets, ceramic tiles, electrical components, lead batteries, pottery, stained glass, are some of the occupations where workers may be exposed to lead.

Lead can enter the body in two ways: breathing and swallowing lead particles or dust.

At work people are usually exposed by breathing in air that contains lead particles. Families of workers may be exposed to higher levels of lead when workers bring home lead dust on their work clothes and shoes.

According to the Centers for Disease Control and Prevention (CDC), the major source of lead exposure among U.S. children is lead-based paint and lead-contaminated dust found in deteriorating buildings. Children most often are exposed by swallowing lead dust. However other sources of lead exposure in children are related to the occupations listed above where parents bring lead home or hobbies where children may come in contact with lead.



## Signs & symptoms of lead poisoning

### *Children*

Symptoms may include loss of appetite, vomiting, diarrhea, stomach cramps, learning problems, constipation, difficulty in sleeping, and anemia.

### *Adults*

Symptoms may include stomach pain, fatigue, decreased libido, headache, irritability, muscle or joint pain.

## Adverse health effects of lead poisoning

### *Children*

Health effects may include learning disabilities, language and behavioral problems, lower I.Q., attention deficit disorder, hearing loss, anemia, muscle weakness, damage to nervous system and kidneys. Death by lead poisoning is uncommon but can happen.

### *Adults*

Health effects may include hypertension, hearing loss, infertility, anemia, peripheral neuropathy (damage to nerves supplying sensation to arms and legs), damage to nervous system and kidneys.