

## “TAKE-HOME” LEAD

Lead Can Be Carried Home from Work on Clothes, Shoes, and Vehicles

### Your Family & “Take-Home” Lead

Lead can cause health problems in adults and children. Pregnant and breastfeeding women, and younger children are at special risk and should be tested.

#### All Adults

- Tiredness & headache
- Muscle & joint pain
- Changes in appetite & mood
- Damage to brain, nerves & kidneys
- Fertility issues in men & women
- Reduced sex drive

#### Pregnant Women

- Miscarriages
- Premature delivery
- Low birth weight babies
- Permanent damage to fetus

#### Breastfeeding Women

- May have contaminated milk which can expose child to lead

#### Children

- Permanent health damage to brain, nerves & kidneys
- Long-term learning challenges
- Trouble with memory & behavior

### WHAT IS “TAKE-HOME” LEAD

#### Lead dust can be brought home from work

Take-home lead occurs when lead dust produced at work is brought home on clothes, shoes, and personal belongings. It can be carried into your car, and onto furniture, floors, carpets, and other belongings. Because of this, your family can be exposed to lead even if there are no lead hazards in the home.

### REDUCING “TAKE-HOME” LEAD

#### Remove lead dust from clothes, shoes & personal items

If you work with lead, take these precautions:



- Change into clean clothes & shoes before getting into your car
- Put dirty work clothes and shoes in a plastic bag
- Wash hands & face before leaving work
- Wash work clothes separately & run an empty load before washing other clothes

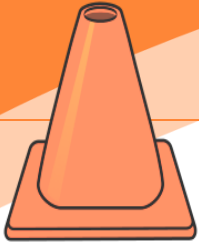
### LEAD-SAFE WORK PRACTICES

#### Protect yourself from lead at work

- Don't eat, drink, smoke or change clothes in work areas
- Keep facial hair and nails clean and dust-free
- Wash from under jewelry like rings and bracelets
- Avoid sweeping or blowing dust that has lead
- Use a wet-mop cleaning system and disposable wipes
- Wear protective equipment like a respirator
- If you have used your cellphone at work, don't let anyone at home play with it
- Disposable protection like coveralls can reduce clothing contamination



# LEAD POISONING



## “TAKE-HOME” LEAD

### Jobs and Hobbies May Expose Adults to Lead

Though the dangers of lead have been known for years, many common items still contain lead. Some jobs and hobbies put people at a high risk of being exposed to lead. Know if your hobby or job exposes you to lead and be sure to take the necessary precautions.

#### Construction

- Painting or paint removal
- Remodeling & renovations
- Plumbing, glazing, & brick laying
- Lead burning
- Construction & repair of bridges, water towers, tanks
- Welding or cutting materials with lead alloys

#### Hobbies

- Home remodeling
- Melting lead for fishing weights, bullets, or toys
- Target shooting
- Using lead glazes in ceramics
- Backyard scrap metal recycling, & radiator repair
- Stained glass making
- Burning painted wood

#### Manufacturing

- Lead acid batteries
- Cable, wire products, solder
- Firearms, bullets, explosives
- Rubber or plastics

#### Repair

- Automotive work
- Ship repair
- Welding, cutting, & sanding
- Grinding of lead alloys or lead-coated surfaces
- Soldering, & electronics repair
- Repair work that disturbs lead paint

#### Metal Working

- Foundry work, casting, forging
- Grinding
- Circuit board manufacturing and recycling

#### Other sources

- Cleanup at firing ranges
- Using lead-containing paints, inks, pigments, & glazes
- Working at municipal solid waste incinerators

