



Lead free at work and home.

Protect yourself and your family from lead poisoning. Lead poisoning can occur by swallowing or breathing lead dust or vapors. Exposure can occur at work and at home. It can be a serious condition for children and adults.

LEAD IN THE WORKPLACE

Lead in the form of dust, mist or fumes can be inhaled or swallowed in the workplace. The dust can settle on hands, foods, drinks and cigarettes where it can be swallowed while eating, drinking or smoking.

- Always let your doctor be aware of your lead exposure, even if you do not have any symptoms. At high levels of lead, your doctor may prescribe chelation therapy, which is a treatment that helps your body rid itself of lead at a faster rate.

LEAD AT HOME

Parents who work in occupations that involve lead should be aware that lead dust can be carried home from work on clothes, shoes, or equipment. Other sources of lead in the home that pose a threat to children include dust from old paint or contaminated soil. Some imported candies, toy jewelry, spices, mini-blinds and home remedies also contain lead.

LEAD'S EFFECTS ON CHILDREN

Children are at greater risk than adults for lead poisoning. Lead poisoning can cause irreversible damage to a child's brain, kidneys, and other organs. Exposure can lead to behavior problems, increased aggression and learning difficulties.

HOW SHOULD I PROTECT MY CHILDREN FROM "TAKE HOME" LEAD?

- Change and leave work clothes and shoes at work. If possible, shower at the workplace before going home.
- Wash and dry work clothes separately from other laundry.
- Wipe your car or truck out with a damp cloth frequently.
- Wash your children's hands often, especially before meals and bedtime.
- Provide your children with healthy meals and snacks. Make sure they eat foods high in iron, calcium and vitamin C every day.
- A quick and simple blood test is the only way to tell for sure if your child has lead poisoning. Ask your doctor or health department to test your child for lead.

LEAD'S EFFECTS ON ADULTS

If you may have been exposed to lead at work, you should pay attention to warning signs from your body. Look for these common symptoms for lead poisoning:

- Mild fatigue
- Irritability
- Sleep disturbance
- Muscular exhaustion
- Loss of appetite
- Weakness in hands, wrists or ankles
- Difficulty concentrating
- Headache
- Tremor
- Nausea
- Diarrhea or constipation

COMMON OCCUPATIONAL ACTIVITIES THAT INVOLVE LEAD

- Battery recycling or manufacturing
- Ammunition manufacturing
- Boat building
- Painting, bridge painting/repairing
- Heating/air conditioning/ventilation maintenance
- Construction and demolition
- Firing range training and cleaning
- Home repair and renovation

HOW SHOULD I PROTECT MYSELF AT WORK?

- Wash your hands and face before taking breaks to eat or smoke.
- Do not eat or smoke in the work area.
- Eat foods high in iron, calcium and vitamin C every day. These foods make it harder for your body to absorb lead.
- If Personal Protective Equipment (PPE) is required, wear this protection at all times.
- Properly care for PPE and report any wear and tear that may cause equipment failure.
- Always be aware of when you may be exposed to lead. When in doubt, consult your employer.
- Know your rights. Federal law requires employers to monitor airborne lead in the workplace. If levels are high they are required to conduct blood testing of employees.

For more information about lead poisoning, visit the following sites:

Occupational Safety and Health Administration: www.osha.gov/

Centers for Disease Control and Prevention: www.cdc.gov

National Safety Council: www.nsc.org/issues/lead/

U.S. Department of Housing and Urban Development Office of Healthy Homes and Lead Hazard Control: www.hud.gov/offices/lead/index.cfm

U.S. Environmental Protection Agency: www.epa.gov/lead/

Florida Department of Health, Lead Poisoning Prevention Program: www.doh.state.fl.us/environment/community/lead/index.html



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