If you work with or around lead-containing materials, you should be tested for lead in your blood.

This pamphlet has advice and information to help you protect yourself from lead.

**HOW TO AVOID LEAD**

**Your Checklist**

- **CHANGE** into work clothes and shoes before beginning work each day. KEEP your street clothes and shoes in a clean place.
- **WEAR** a clean, properly-fitted respirator in all work areas that have overexposure to lead dust or fumes. SHAVE clean to get the best fit.
- **WASH** your hands and face before you eat, drink or smoke.
- **EAT, DRINK & SMOKE** only in areas free of lead dust and fumes.
- **VACUUM** your work clothes and shoes at work before you eat, drink or smoke and before you remove them.
- **SHOWER** at work at the end of the day.
- **LAUNDER** your clothes at work. If you must take clothes home, WASH & DRY them separately.
- **AVOID** raising lead dust with dry sweeping or compressed air. Use HEPA vacuum and/or wet mopping for cleaning surfaces.

**Don’t Let LEAD Get into Your Body!**

**WHAT WORKERS NEED TO KNOW ABOUT OCCUPATIONAL LEAD EXPOSURE**
FACTS ABOUT LEAD

JOBS WHERE LEAD CAN BE FOUND:
- Lead production or smelting
- Brass, copper or lead foundries
- Demolition of old structures
- Removal of old paint containing lead
- Welding of old, painted metal
- Machining and grinding lead alloys
- Battery manufacturing
- Radiator repair
- Scrap metal handling
- Lead soldering
- Indoor firing ranges
- Ceramic glaze mixing

ALSO
- PAINT in houses built before 1978
- SOIL and AIR near factories where people work with lead
- DRINKING WATER from pipes with lead solder

LEAD CAN MAKE YOU SICK
- Lead gets into your body when you breathe in lead dust or fumes or when you swallow the dust. Experts agree that an adult blood lead level over 10 ug/dl is of concern. If your blood lead level is greater than 25 ug/dl you may feel fine or you may feel ill. Regardless of how you feel, lead can damage your body. Some of the health effects you may have are:

<table>
<thead>
<tr>
<th>Health effects</th>
<th>Blood lead level (ug/dl) above:</th>
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<tbody>
<tr>
<td>Increase in blood pressure, harm to fetus</td>
<td>10-15</td>
</tr>
<tr>
<td>Tiredness, reproductive problems</td>
<td>30</td>
</tr>
<tr>
<td>Muscle and joint pains, trouble concentrating and remembering things, trouble sleeping, stomach problems</td>
<td>40-60</td>
</tr>
<tr>
<td>Kidney damage</td>
<td>60-80</td>
</tr>
<tr>
<td>Severe brain damage</td>
<td>100</td>
</tr>
</tbody>
</table>

- Lead dust can get into your food, drink, cigarettes and chewing gum if you eat and smoke at the worksite.
- Your family can get sick from lead if you take home lead dust on your clothes and shoes.

WARNING: SMOKING CIGARETTES AND BREATHING LEAD DUST OR FUMES CAN BE VERY BAD FOR YOUR BODY.

WHO CAN HELP?

- YOUR EMPLOYER should help you avoid lead exposure with appropriate work practices, protective controls and equipment, and training. Your safety officer can check your work area for lead dust or fumes.
- YOUR DOCTOR or the company doctor who will order the right medical tests and tell you what the results mean to your health.
- YOUR FEDERAL GOVERNMENT (OSHA) If conditions are bad, call the nearest OSHA office and complain. Avenel (908) 750-3270 Parsippany (201) 263-1003 Hasbrouck Heights (201) 288-1700 Marlton (609) 757-5181
- YOUR UNION Tell your union about your concerns and ask how it is involved in making your job safer.
- YOUR STATE GOVERNMENT for information and referrals

THE FEDERAL GOVERNMENT (OSHA) HAS RULES ON USING LEAD SAFELY THAT EMPLOYERS MUST FOLLOW.