Follow safe work practices learned from training provided by the owner/range operator.

Wear gloves and eye protection when using chemicals to clean weapons.

Wear respirators and full protective outer clothing when performing range maintenance or cleaning.

Wash your face, forearms, and hands before you smoke/chew tobacco, eat, or drink.

Change out of range clothes and shoes before going home or getting in your car.

Household members may accidentally ingest lead dust from your car or from the home as lead dust can settle on furniture, rugs, carpets, and other surfaces.

You may also have lead in your blood if your hobbies include making bullets or fishing weights (sinkers) and lures at home, for example.

The Centers for Disease Control (CDC) defines an elevated blood lead level for adults as equal to or higher than five (5) micrograms per deciliter (µg/dL). If you suspect you have been exposed to lead, even if you have no symptoms, ask your doctor for a blood lead test for you and your family.

Women should tell their doctor if they are pregnant or considering becoming pregnant.

Report any symptoms and rising blood lead levels to your employer or range operator. See back for types of lead poisoning symptoms.

If you have health concerns, you or your doctor can contact Rutgers University’s Environmental & Occupational Health Sciences Institute (EOHSI) Clinical Center in Piscataway, NJ. EOHSI doctors specialize in occupational and environmental exposures and can provide additional guidance. Phone: (848) 445-0123.

For more information, public employees can contact the Public Employees Occupational Safety and Health (PEOSH) Program at (609) 984-1863. Private sector employees can contact OSHA at (800) 321-6742. Also, check us out on Twitter at: #kNOwLEAD.
Symptoms of Lead poisoning†

**Vision**
- Partial blindness
- Hallucinations

**Central nervous system**
- Insomnia
- Loss of appetite
- Depression
- Irritability
- Cognitive deficits
- Memory loss
- Headache
- Personality changes
- Delirium
- Coma

**Hearing loss**

**Mouth**
- Unusual taste
- Slurred speech
- Blue line along the gum

**Blood**
- Anemia

**Kidney failure**

**Neuromuscular**
- Tremor
- Pain
- Delayed reaction times
- Loss of coordination
- Convulsions
- Weakness
- Seizures

**Abdomen**
- Pain
- Nausea
- Diarrhea or constipation

**Extremities**
- Wrist and foot drop
- Pain
- Tingling

**Reproductive**
- Sperm dysfunction (males)
- Pregnancy complications (females)
- Decreased libido

**General**
- Malaise
- Fatigue
- Weight loss

**Skin**
- Unnatural lack of color
- Unhealthy pale appearance

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