

An Important Message

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**.



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

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 Area Office.

Avenel
(732) 750-3270
Parsippany
(973) 263-1003
Hasbrouck Heights
(201) 288-1700
Marlton
(856) 596-5200

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



Adult Lead Poisoning
Occupational Health
Surveillance Unit

nj.gov/health/surv
(609) 826-4984

Occupational Lead Exposure



Occupational Health Surveillance Unit

How to Avoid Lead Exposure

- ✓ **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, and 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 and DRY** them separately.
- ✓ **AVOID** raising lead dust with dry sweeping or compressed air. Use a HEPA vacuum and/or wet mopping for cleaning surfaces.

Facts About Lead

JOB'S WHERE LEAD CAN BE FOUND:

- Indoor firing ranges
- Brass, copper or lead foundries
- Demolition of old structures
- Lead soldering
- Lead production or smelting
- Automobile repair

ALSO FOUND IN:

- Removal of old paint containing lead
- Welding of old, painted metal
- Machining and grinding lead alloys
- Battery manufacturing
- Ceramic glaze mixing
- Scrap metal handling
- PAINT in houses built before 1978
- SOIL and AIR near factories where people work with lead
- DRINKING WATER from pipes with lead solder



FIND OUT IF THE PRODUCTS YOU WORK WITH CONTAIN LEAD!

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 $\geq 5 \mu\text{g}/\text{dL}$ is of concern. Even though you may feel fine, **lead** exposure at this level can damage your body. Some of the health effects you may have are:

Severity of health problem	Blood lead level ($\mu\text{g}/\text{dL}$)	Changes happening in body
Severe health effects may happen quickly and be permanent	110	Brain damage
	100	
	90	
Serious health effects may occur	80	Dangerous reduction in blood's ability to carry oxygen
	70	
	60	
Lead may have effects without symptoms	50	Decreased blood production
	40	
	40	
Lead starts building up in your system	30	Male infertility
	30	
	30	
Average level for healthy adults	20	Nerve damage
	20	
	20	
	10	Decreased hearing
	3	
	0	
		Increase in blood pressure
		Effects on unborn child in pregnant women

- **Lead** dust can get into your food, drink, chewing gum and cigarettes 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.
- Children younger than 6 years old are at the greatest risk from exposures to lead.

* Source: http://www.lni.wa.gov/Safety/Research/files/lead_work.pdf