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

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

**FIND OUT IF THE PRODUCTS YOU WORK WITH CONTAIN LEAD!**

**JOBS WHERE LEAD CAN BE FOUND:**

- Indoor firing ranges
- 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
- Ceramic glaze mixing
- Scrap metal handling
- Lead soldering
- Lead production or smelting
- Automobile repair

**ALSO FOUND IN:**

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

**Facts About 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 ≥ 5 µg/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:

<table>
<thead>
<tr>
<th>Severity of health problem</th>
<th>Blood lead level (µg/dL)</th>
<th>Changes happening in body</th>
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</thead>
<tbody>
<tr>
<td>Severe health effects may happen quickly and be permanent</td>
<td>110</td>
<td>Brain damage</td>
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<tr>
<td>Dangerous reduction in blood’s ability to carry oxygen</td>
<td>100</td>
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<tr>
<td>90</td>
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<tr>
<td>Serious health effects may occur</td>
<td>80</td>
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<td>Decreased blood production</td>
<td>70</td>
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<td>Male infertility</td>
<td>60</td>
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<tr>
<td>Nerve damage</td>
<td>50</td>
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<tr>
<td>Increased hearing</td>
<td>40</td>
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<tr>
<td>Decreased blood pressure</td>
<td>30</td>
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<tr>
<td>Effects on unborn child in pregnant women</td>
<td>20</td>
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<td>Average level for healthy adults</td>
<td>10</td>
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- **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.