

Exposure to lead can have serious health effects for both children and adults. Children under the age of six, pregnant women or a developing fetus can experience particularly dangerous health effects from lead exposure.



Adults employed in occupations like construction or lead smelting, as well as those with hobbies such as refinishing antiques or making ammunition from lead shot, can be exposed to lead. Lead dust can be carried home on their clothes, shoes, skin, and hair. Lead dust can also contaminate their vehicles. This lead dust can be passed on to children and other family members. "Take-home" lead can have adverse effect on children's' and adults' health. Adults who work with lead can take certain safety precautions to protect themselves and their families from take-home lead.



Job or hobby-related lead exposures don't have to go home with the working adult. The following steps can prevent take-home lead from becoming a family-wide concern:

- ◆ Don't eat, drink, or smoke on the job.
- ◆ Wash hands before eating, drinking, smoking, or touching your face.
- ◆ Wear the proper protective equipment on the job, including a respirator.
- ◆ Shower, wash your hair, and change into clean clothes before leaving work.
- ◆ Store street clothes in a separate locker from your work clothes.
- ◆ Wash work clothes separately from other laundry. After washing lead-contaminated clothing and removing them from the machine, run the rinse cycle once before using the

washing machine again.

- ◆ Eat a well-balanced diet. Lead is more easily absorbed on an empty stomach. Proper nutrition can help reduce and prevent the absorption of lead.
- ◆ Get regular blood lead tests if you work in a lead-related job or have a hobby involving the use of lead.

Jobs or hobbies associated with take-home lead:

- ◆ Battery manufacture
- ◆ Construction and demolition, including abrasive blasting
- ◆ Radiator repair
- ◆ Lead smelting
- ◆ Lead, brass, or bronze casting
- ◆ Foundry operations
- ◆ Ceramic and plastic manufacture
- ◆ Fishing tackle manufacture
- ◆ Firing range instructor or janitor
- ◆ Bridge construction or repair
- ◆ House remodeling or renovation
- ◆ Ammunition/battery manufacture
- ◆ Plumbing and pipefitting
- ◆ Soldering of electrical circuits
- ◆ Stained glass making
- ◆ Antique refinishing