

Warning: Lead Can Make You and Your Family Sick!

Find Out If the Products You Work with Contain Lead.

The Federal Government (OSHA) Has **Rules** on Using Lead Safely That Employers Must Follow.



For more information contact:

Utah Department of Health
Bureau of Epidemiology
288 North 1460 West
P.O. BOX 142104
Salt Lake City, Utah 84114-2104
(801) 538-6191

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 exposure to lead dust or fumes.

SHAVE clean to get the best fit.

WASH your hands and face before you eat, drink, smoke or apply cosmetics or lip balm.

EAT, DRINK AND SMOKE/VAPE 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. Use a vacuum with a high-efficiency filter (HEPA vacuum).

SHOWER at work, at the end of the day. Change into clean clothes, including shoes, before leaving the worksite so that no lead contamination is carried home.

LAUNDER your clothes at work. If you must take clothes home, carry them in a plastic bag and wet the clothes before taking them out for washing.

WASH and DRY them separately from the clothes of other family members.

AVOID disturbing leaded dust at work with dry sweeping or compressed air. Clean up leaded dust only by HEPA filtered vacuuming or wet methods.

FIND OUT if you and family members are exposed to lead in your home.

*Adapted with permission from the New Jersey Department of Health

YOUR LEAD LEVEL

Important Information for Workers Exposed to Lead



Environmental Epidemiology Program

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JOBS WHERE LEAD CAN BE FOUND:

- Lead production or smelting
- Brass, copper or lead factories
- Demolition of old structures
- Thermal stripping or sanding of old paint
- Indoor firing ranges
- Bullet manufacturing
- Ceramic glaze mixing
- Battery manufacturing
- Radiator repair
- Scrap metal handling
- Lead soldering
- Welding of old, painted metal
- Machining and grinding

OTHER PLACES WHERE LEAD CAN BE FOUND:

- PAINT in houses built before 1978
- SOIL and AIR near factories where people work with lead – SOIL under homes built on mine tailings
- DRINKING WATER from pipes with lead solder
- Certain HOBBIES which involve leaded products: ceramic/pottery making, target shooting, bullet reloading, stained glass or home remodeling/renovation



LEAD CAN MAKE YOU SICK

Lead gets into your body when you **breathe in leaded dust or fumes**, or when you swallow the dust.

Leaded dust can **get in your food**, drink, cigarettes and chewing gum **if you eat** and smoke/vape at the **worksite**.

Leaded dust that may be **found in your home**, can contribute to your body's high lead levels.

Your family can get sick from lead if you **bring leaded dust home**, on your clothes and shoes.

Young children are especially vulnerable to the effects of lead.

HIGH LEAD LEVELS IN BLOOD CAN CAUSE:

- Stomach ache and cramps
- High blood pressure
- Weakness in arms or legs
- Fatigue
- Constipation
- Irritability
- Trouble sleeping
- Kidney disease
- Anemia
- Infertility/miscarriage
- Very high levels may cause coma & even death
- The amount of lead that can cause health effects varies among people. In general, the number and severity of symptoms increase with the amount of lead in the blood.

WHO CAN HELP?

YOUR DOCTOR or the company doctor will do a medical examination, order the appropriate tests, and tell you what the results mean to your health.

YOUR SAFETY OFFICER or industrial hygienist can check your work area for leaded dust or fumes and can supply you with the protective equipment and controls you may need.

YOUR UNION Tell your union about your concerns and ask how it can help make your job safer.

YOUR FEDERAL GOVERNMENT

National Institute for Occupational Safety and Health
<https://www.cdc.gov/niosh/topics/lead/default.html>

UTAH LABOR COMMISSION If you feel your employer is not addressing your concerns or complaints,

Utah OSHA

160 East 300 South, 3RD Floor

P.O. Box 146650

Salt Lake City, Utah 84111-6650

(801) 530-6901

<https://laborcommission.utah.gov/divisions/UOSH/index.html>

YOUR STATE GOVERNMENT

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