

## An Important Message

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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?

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**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](http://nj.gov/health/surv)  
(609) 826-4984

## Occupational Lead Exposure

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*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

### JOBS 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
<b>Severe</b> health effects may happen quickly and be permanent	110	Brain damage
	100	
	90	
<b>Serious</b> health effects may occur	80	Dangerous reduction in blood's ability to carry oxygen
	70	
	60	
Lead <b>may</b> have effects <b>without</b> symptoms	50	Decreased blood production
	40	
	40	
Lead starts <b>building</b> up in your system	30	Male infertility
	30	
	30	
<b>Average</b> level for healthy adults	20	Nerve damage
	3	
	0	
		Decreased hearing
		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](http://www.lni.wa.gov/Safety/Research/files/lead_work.pdf)