

# Don't Take LEAD DUST Home from Work!



Lead dust can be brought into your home from work and can harm anyone who comes in contact with it. The dust can be on your clothes, shoes, hair, skin, and personal items where it can leave a trail and transfer to your vehicle, carpet, floors, and furniture. Lead dust can also attach onto common items such as water bottles, phones, lunch boxes, and bags.

Lead exposure is a hazard for both children and adults, but children are at especially high risk as it can cause permanent damage to the brain, kidney damage, anemia, and reductions in birth weight. Not taking extra precautions can result in exposing you and your family to lead.



## Health Effects of Lead:

In **adults** lead can affect the kidneys, reproductive systems in men and women, and increases the risk of high blood pressure.

In **children** lead can damage the brain and nervous system, cause learning and behavior problems, and slow growth and development.

## Jobs that may have Lead Exposure:

- Construction, demolition, renovation
- Grind, cut, drill, sand, scrape or blast surfaces coated with lead paints
- Welding, smelting/foundry work
- Scrap metal recycling
- Bridge/tower/steel structures that involves torch cutting, thermal lancing, welding, rivet busting, grinding, abrasive blasting
- Automobile repair
- Jewelry-making, antique and furniture refinishing, ceramic pottery, stained glass making
- Firing range (lead dust from bullets)
- Manufacturing of fishing tackle and/or batteries
- Electronics recycling



**NEW JERSEY  
QUITLINE**  
1-866-NJ-STOPS

## What you can do at **Work?**

- Wash your hands and face before you eat, drink, or smoke
- Eat, drink, and smoke only in areas free of lead dust and fumes
- If you smoke, please visit <https://www.njqitline.org/> for information on how to quit
- Keep personal items clean and away from your work area
- Participate in blood-lead testing
- Keep your work area clean by using wet cleaning or vacuuming with a HEPA (high efficiency particle arresting) filter system. Do not sweep or blow lead-containing dust
- Make sure you have a properly working ventilation system
- Avoid breathing lead dust or fumes by wearing a clean, properly fitted air purifying respirator. P100 filters (purple) are recommended to wear as a minimal level of protection in all work areas that have lead dust or fumes
- Attend training and safety meetings

## Keep lead dust out of your **Home.**

- If you can, try to wash and shower and change before leaving work
- Keep your street clothes in a clean place and change after showering (if available)
- If you can't shower, change out of work clothes and boots before going home or getting into your car
- If you take your work clothes home, wash and dry them separately; do **not** wash them with other family members' clothes

## Get your family **Tested!**

- If you have children or a pregnant woman in your house, NJDOH recommends that you speak to a physician about getting your family members tested for lead as soon as possible
- If you need information on if you need information on where your child can be tested, please visit: <https://www.state.nj.us/health/childhoodlead/testing.shtml>



### For more information:

Division of Epidemiology, Environmental and Occupational Health  
Consumer, Environmental and Occupational Health Service  
Environmental and Occupational Health Surveillance Program

<https://www.nj.gov/health/workplacehealthandsafety/occupational-health-surveillance/heavy-metals/>

