

How to avoid lead exposure

- ✓ **Change** into work clothes and shoes before you begin 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 you leave the worksite so you don't carry lead contamination home.
- ✓ **Wash your clothes** at work. If you have to take clothes home, carry them in a plastic bag and get them wet before you take them out to wash. **Wash** and **dry** work clothes 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.



Warning: Lead exposure can make you and your family sick!

The federal government (OSHA) has **rules** on using lead safely that **employers must follow**.

Find out if the products you work with contain lead.

Utah Childhood Lead Poisoning Prevention Program

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This publication was supported by Grant No. CDC-RFA-EH21-2102 from the Centers for Disease Control and Prevention (CDC). Its contents were adapted with permission from the New Jersey Department of Health Occupational Health Service and the State of California Department of Health Services Department of Industrial Relations and do not necessarily represent the official views of the Centers for Disease Control and Prevention.



Your lead level

Important information for
workers exposed to lead



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

Lead can also be found in

- **Paint** in houses built before 1978
- **Air** near factories where people work with lead
- **Soil** under and around 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 or smoke/vape at the worksite**.

Leaded dust that may be **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 or shoes.

Young children are especially vulnerable to the effects of lead.

High lead levels in blood can cause

- Stomach ache
- Cramps
- Fatigue
- Constipation
- Irritability
- Trouble sleeping
- Kidney disease
- Anemia
- High blood pressure
- Infertility/miscarriage
- Weakness in arms or legs
- Very high levels may cause coma and even death

A blood test is the only way to confirm someone has been exposed to lead

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 for 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.
- **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
 - www.laborcommission.utah.gov
- **Your state government:**
 - Utah Department of Health and Human Services 288 North 1460 West P.O. Box 142104 Salt Lake City, Utah 84114-2104
 - (801) 538-6191
- **Your federal government:** National Institute for Occupational Safety and Health www.cdc.gov/niosh/topics/lead

