

How can I Protect my Family from Lead Poisoning?



- Change into clean clothes and shoes at work **before** you get into your car or go home. Put dirty work clothes and shoes in a plastic bag.



- Wash your face and hands with soap and warm water **before** leaving work.



- Take a shower and wash your hair at work **before** you go home. If your employer does not provide a shower, take a

shower as soon as you get home, before you come into contact with your loved ones.



- **Wash work clothes separately from all other clothes.**

Empty your work clothes from the plastic bag directly into the washing machine. Run the

empty washing machine again to rinse out the lead. (It is better if your employer washes the work clothes.)

The law says your employer must provide a place to wash your hands. In high exposure lead jobs, your employer must also provide work clothes and a shower.

Where can I Get Help?

Lead testing for your child. Contact your primary care physician about having your child's blood tested for lead. Or contact the NC Childhood Lead Poisoning Prevention Program at 919-707-5854 for assistance.

Information on lead at work. Contact the Occupational Health Surveillance Program of North Carolina at 1-919-707-5900.

Questions about lead at work. Talk to your employer if you think you have a lead problem at your job. If your employer does not fix the problem, you can call North Carolina Department of Labor at 1-800-625-2267 for assistance. North Carolina Department of Labor will not tell your employer who made the call.

Lead dust in your home. If you think you have a problem with lead dust in your home, contact the Health Hazards Control Unit at the NC Division of Public Health at 919-707-5950.

Thank you to the Forsyth County Department of Public Health for information used in this publication.



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Lead and your Occupation



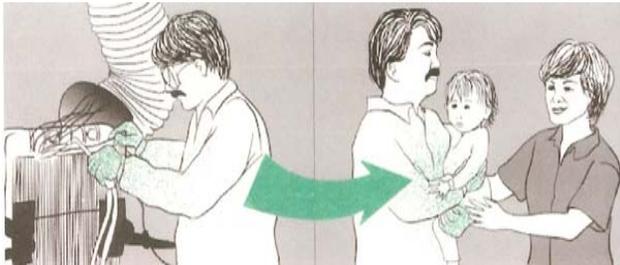
North Carolina

Division of Public Health

919-707-5950

Can Lead at Work Harm My Child?

Yes. Your child can get lead poisoning if you or someone who lives in your home works with lead.



Some kinds of work make lead dust or fumes. You cannot see lead dust, but it can get on your hands, face, and clothes. You can take lead dust from your job to your family when you wear work clothes and shoes home. Lead dust can get in your car. It can get on furniture, floors, and carpets. Your child can swallow this dust and be poisoned.

What can Lead Poisoning do to my Child?

Children who swallow lead dust may have problems learning and paying attention. Lead can harm the brain, nerves, and kidneys. Lead is especially dangerous for children under the



age of six. **Most children with lead poisoning do not look or act sick.** Ask your doctor to test your child's blood for lead. This is the only way to know if your child is being lead poisoned.

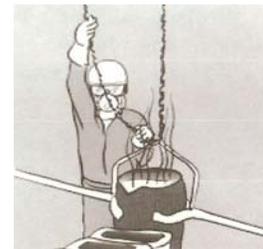
How Do I Know if I work with Lead?

You may work with lead if you:

- Make or fix batteries
- Melt, cast, or grind lead, brass, or bronze
- Make or fix radiators
- Make or paint ceramics
- Make bullets or fishing weights
- Make jewelry or stained glass
- Remove old paint or stain
- Tear down or remodel buildings, tanks, or bridges
- Solder
- Work with scrap metal
- Work at a shooting range or reload bullets

There are many other jobs where lead can be dangerous

- **Ask your employer if you work with lead.** The law says your employer must tell you about anything at work that is dangerous. This includes lead.
- **Get the Safety Data Sheet (SDS) for each product you use on the job.** An SDS is a form that lists the ingredients in a product and any possible dangers to health when used. Your employer must give you the SDS if you ask for it.



- **Ask to see the results of any tests that are done for lead in your work area.** You are exposed to lead when you scrape, blast, sand, burn, weld, or cut on surfaces where there is lead paint. Your employer should test these surfaces before you work on them to see if they can contain lead. You have a right to see the results of the test.

Get a blood lead test. Adults who are lead poisoned may feel tired, irritable, or get aches and pains. They also can have serious health problems without knowing it.