**Keeping Lead at Work and Preventing Take-Home Lead Exposure**

Lead dust can be carried home on your clothes, shoes, skin and hair and could expose your family, vehicles, and home interiors to lead. Children and pregnant women are especially at risk to health effects of lead exposure.

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**Be careful what you bring to work**

The following personal possessions may become contaminated at work:

- watch, glasses, car keys, cell phone, hat, tobacco products, jewelry, and other pocket items

These are items small children may want to play with or put in their mouths. Leave these items **at home** or **in your car**, or place in a **clean locker room** before work.

**The following items may become contaminated at work:**

- food, water or clothing in disposable containers or bags. Store the disposable container or bag in a **clean place** at work and in a **clean plastic bag** in the car or at home. Also, consider using disposable tissues instead of handkerchiefs.

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**While at work**

- Follow protocols for staying clean during work breaks.
- Protect your personal belongings from lead exposure.
- Do **NOT** eat in work area, keep lunch items in break room.
- Use disposable water sources or what is provided at work.
- Do **NOT** go to car during breaks at work.
- **ALWAYS** wash hands and face with soap and water before eating, drinking, or smoking.
At the end of your shift
• Follow protocols for cleaning-up before leaving work.
• Do NOT wear any work clothes, shoes or other work gear home.
• Deposit work clothes in dirty locker room. If not laundered at work, put dirty personal items (such as clothes, socks, underwear, headbands) in clean, sealed, plastic bag to bring home.

When coming home from work
• Enter from rear door. Leave work boots outside, if worn home.
• If not already done, remove work clothes and shower, including washing hair, BEFORE playing with or hugging your children.
• Keep any clothes worn at work in plastic bag. Empty work clothes from plastic bag directly into the washer, dispose of plastic bag after use.
• Wash any work clothes separate from your family’s clothes. Run the washer through one rinse cycle before using again.
• Periodically, clean your work vehicle interior and carpets in your home. For hard surfaces, use wet cleaning method. For soft surfaces and upholstery, vacuum with a “HEPA” or allergy filter.
• If you think your home or vehicle may be contaminated with lead, have your family tested for lead in their blood.
• If possible, do NOT transport children to school and daycare in vehicle driven to work.

For more information about preventing take-home lead exposure contact:
Children’s Environmental Health Branch at 919-707-5950
or
Occupational Environmental Epidemiology Branch at 919-790-5900.