

LEAD EXPOSURE CAN AFFECT YOU AND YOUR FAMILY

Do you work in one of the following industries?

- Jobs that involve working with or around ammunition (Public Safety Officers, individuals that manufacture firearms and bullets, hunters, and people that work in or visit firing ranges).
- Construction, renovation, or demolition of buildings and houses.
- Industrial-type work involving metal working, welding, sandblasting, soldering, and smelting.
- Auto repair, including battery work, radiator repair, and autobody work.
- Other activities such as gardening, fishing, mining, painting, jewelry making, furniture making, and pottery or ceramics.

If so, you may be at risk of Lead exposure.

In 2020, adults with an elevated blood lead level worked in these industries:

- 39%** Manufacturing
- 9%** Service
- 8%** Construction

CDC 2020

ARE YOU FOLLOWING OSHA REGULATIONS?

Occupational Safety and Health Administration (OSHA) requires that lead exposure be limited to 50 µg/m³ over an 8-hour period.

OSHA

67%

of companies surveyed by OSHA between 2014-2018

were eligible for a Permissible Exceedance Limit (PEL) citation.*

* a PEL citation is given when airborne levels of Lead exceed 50 µg/m³ over an 8-hour period.

OSHA

WHY DOES THIS MATTER?

Employees can unknowingly bring lead contaminants into their home through their work clothes, shoes, and hands. Lead is especially dangerous in a home where children are present because they are the most at risk of lead poisoning, which can cause neurological damage, learning problems, and behavioral issues.

I WORK IN ONE OF THESE INDUSTRIES. WHAT SHOULD I DO?

If you think you may have lead exposures in your work, contact us for more information about our program and how we can help you.

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A job or lifestyle that involves working with or around ammunition (Public Safety Officers, hunters, individuals who manufacture firearms and bullets and those who visit firing ranges) can increase your risk for lead exposure.

When a bullet is fired, a shower of lead particles follow. This lead dust collects on the shooters' clothing, hands and lingers in the air, where it can be inhaled.

The more you shoot, the greater the risk of being exposed to harmful amounts of lead. This lead dust can be brought home on clothes, shoes, and skin and expose the family.



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Do you work in a job that involves construction renovations? If your answer is yes, you could be exposing yourself and your family to lead.

Lead in buildings is more common for homes built before 1978.

Lead can be found in paint, roofing materials, door and window frames and electrical conduits.

The most common way lead gets into the body is through dust. Demolishing older homes generates dust, which includes lead from interior and exterior lead-based paint. The lead dust falls and settles on surfaces.

Demolition workers inhale the lead dust and track the lead dust to the community and also into their homes.



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Industrial-type work involving metal working, welding, sandblasting, soldering and smelting can increase the risk of lead exposure.

Industrial workers at highest risk are those listed above and also steelworkers who use power tools that do not feature dust collection systems.

Workers can get lead poisoning from soldering if the solder contains lead. The melting process can release fumes that contain lead contaminants. The dust and fumes can enter the body through inhalation and digestion.

The worker can bring the lead dust home on their clothes, skin and shoes and contaminate their family.



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Potters and Ceramic Artists, when working with glazes you should minimize your exposure to lead dust in the studio.

Lead glazes if not properly prepared and fired, may leach lead into food stored in or on the ceramic ware. Ceramic ware with a corroded glaze is extremely dangerous and should not be used to serve food or drink.

The longer the food is in contact with such glazes, the more the lead will leach into it. Highly decorated ceramic ware is of more concern because of the brightly colored glazes that have high levels of lead.

Heat can accelerate the lead-leaching process, so warming up food or coffee in the microwave is risky. The dishwasher can damage the glazed surface and may also contaminate the other dishes in the dishwasher.



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Some of your favorite activities can expose you and your family to lead.



Gardening: Lead naturally occurs in soils, but there is no safe level of lead that is good for your health.

A person can be affected by lead in the soil by accidentally ingesting the soil, inhaling the contaminated soil or by a lesser extent by eating lead contaminated foods that are grown. Adding organic matter like compost, can improve the health of the soil by diluting the lead level.

Using raised garden boxes and filling them with clean soil is another alternative for growing vegetables in an area where soil may be contaminated with lead.

Fishing: Many fishing lures including sinkers are made with lead. Lead in sinkers can cause lead poisoning. The lead dust from the sinkers can contaminate the tackle box, table and other surfaces, especially if you make your own sinkers.

Melting lead to cast sinkers can be dangerous due to the lead fumes that can be breathed in and the lead powder that settles on surfaces.

Wash hands thoroughly with soap and water after handling lead sinkers.

Hand sanitizers do not remove lead from hands.

There are now lead alternatives available that perform as well as traditional tackle.



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Jewelry making at home can expose you and your family to lead.

There are several reasons lead is used in jewelry making:

- it makes the base metal easier to shape and form
- it makes the jewelry heavier
- it is cheaper to use than other metals.

Jewelry making often requires soldering to hold layers together and the solder may contain lead. Heating lead releases fumes, which causes contamination.

Absorption of lead through the skin from wearing jewelry does not pose the risk, it is mainly from ingestion such as eating or putting objects in the the mouth, which puts young kids at risk.

Jewelry containing high levels of lead is often manufactured and imported into the United States and bought from retailers for children. Lead containing jewelry is a concern because children often put jewelry in their mouth, which can lead to lead absorption.



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