

# WITH LEAD MORE THAN YOUR SHADOW WILL FOLLOW YOU HOME

## Are You Taking Lead Home?

Lead particles or dust can be brought into your home and vehicles on work clothes and equipment. It can be harmful to anyone who is exposed. If young children live in the home of a parent who works with lead, they should be tested.

During pregnancy, lead can pass from a mother to her baby. Even low lead levels in pregnant women can cause **miscarriage, premature birth and permanent harm to unborn babies.**

A quick and simple blood test is the only way to tell for sure if your child has lead poisoning. Ask your doctor or health department to test your child for lead.

## KNOW YOUR RIGHTS

Federal law requires employers to monitor airborne lead in the workplace. If levels are high they are required to conduct blood testing of employees.

Always let your doctor be aware of your lead exposure, even if you do not have any symptoms.

## EFFECTS ON THE BODY

Decreased brain function

Decreased kidney function

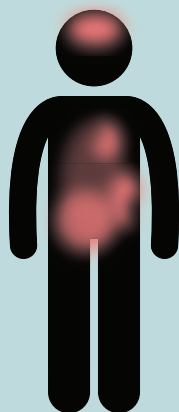
Increased chances of high blood pressure

Digestive problems

Decreased sperm count

Development delays to your baby before it is born

Increased chances of having a miscarriage or baby with low birthweight



## LEARN MORE

Florida Department of Health  
<http://www.floridahealth.gov/environmental-health/lead-poisoning/index.html>

Occupational Safety and Health Administration:  
[www.osha.gov/](http://www.osha.gov/)

Centers for Disease Control and Prevention:  
[www.cdc.gov](http://www.cdc.gov)

## Lead in the Workplace

Lead exposure occurs when lead dust or fumes are inhaled, or when lead is ingested via contaminated hands, food, water, cigarettes or clothing. You may be at risk if you:

- Melt, cast or grind lead, brass or bronze
- Make ammunition, fire guns or work at a shooting range
- Work with scrap metal or electronics
- Scrape, sand, remove or handle products with lead-based paint
- Tear down or renovate old buildings or bridges
- Make or repair batteries, radiators or automobiles
- Make or work with ceramics, jewelry or stained glass

## Protect Yourself and Your Family

**SHOWER AT THE END OF THE DAY** before you go home.

**CHANGE INTO CLEAN CLOTHES** and shoes at work before you go home.

**LAUNDER AND DRY** your work clothes separately from other clothes.

**WASH YOUR HANDS AND FACE** before you eat, drink or smoke.

**EAT, DRINK AND SMOKE ONLY IN AREAS** free of lead dust and fumes.

**EAT A WELL-BALANCED DIET.** Proper nutrition can help reduce lead levels. A diet high in iron, calcium and Vitamin C will help to reduce lead absorption.

**WEAR PROPER PERSONAL PROTECTIVE EQUIPMENT** such as a fitted respirator and gloves when working around lead dust or fumes.

**KEEP YOUR HOBBY AREA, HOME AND VEHICLE CLEAN** by using a wet cloth to clean all surfaces and a vacuum with a HEPA filter.

