

Stop Lead In Its Tracks

If you work around products that contain lead, you're at risk of lead exposure. Your family may also be at risk. You can accidentally bring lead dust home.

What is Lead and Lead Poisoning?

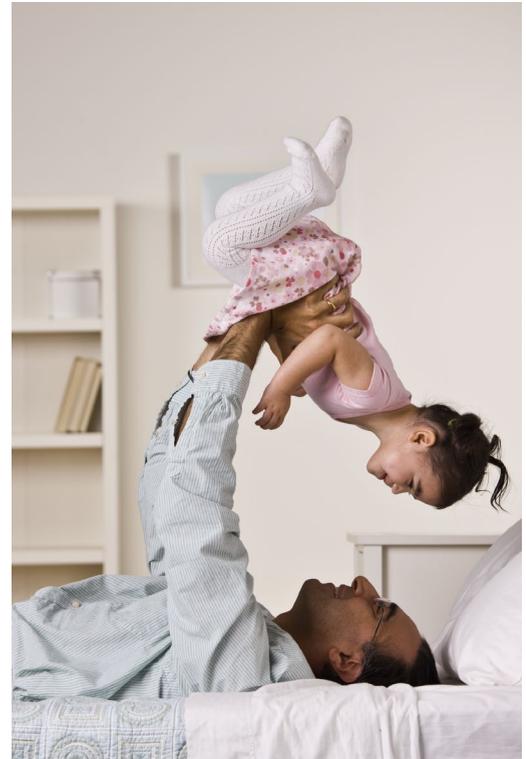
Lead is a strong poison. When it enters your body over time, it can damage many organ systems, especially the brain and nervous system. Lead enters the body when you breathe in dust that contains lead. You can also swallow lead dust if you don't wash your hands before eating or drinking. You could also bring lead dust home on your clothes, shoes, skin and hair. Take-home lead can expose children and other family members to this toxic metal.

While at Work

- Wash your face and hands with soap and water before eating, drinking, or leaving work
- Practice lead-safe work habits such as wearing HEPA masks
- Change out of your work clothes – Put your work clothes and shoes into a plastic bag and seal/tie it shut
- If you can't change out of your clothes, remove your work clothes in an area in your home that your child doesn't use

When you get home

- Keep your work clothes and shoes in an area where children do not play, eat, or sleep
- Wash your work clothes separately from your family's clothing
- Take a shower before interacting with your family, especially children
- Regularly clean your home using lead-safe methods



Get Tested!

Lead poisoning is hard to detect. Adults and children may have signs of lead poisoning that are often confused with other illnesses.

The only way to be sure about your lead level is to have a blood lead test. Ask your doctor for a blood lead test. Children are most vulnerable to lead. Making sure you and your family are safe from lead poisoning is important for health and your peace of mind.