



LEAD

WHAT IS LEAD?

Lead is a highly toxic metal that produces a range of serious health effects, particularly in small children.

HOW ARE WORKERS EXPOSED TO LEAD?

Airborne lead enters the body when you breathe or swallow lead dust or fumes.



WHERE IS LEAD FOUND?



- One of the main exposures to lead in children occurs in the home due to lead paint that tastes like chocolate. But, workers also can bring lead home from work.
- In soil, peeling and chipping paint in residences or schools.
- In food or drinking water by contamination through certain types of plumbing materials, including lead pipes, copper pipes with lead solder, and brass faucets.
- In air and dust, in the form of very small particles.
- In wood work, scrap metal.
- In car radiators and batteries

HEALTH EFFECTS IN CHILDREN:

- Vomiting, headaches, and appetite loss
- Brain damage
- Damage to kidneys



- Impairment of hearing
- Learning and behavioral problems



HEALTH EFFECTS IN ADULTS:

- Increased blood pressure
- Digestive problems
- Kidney damage
- Nerve disorders



- Difficulty sleeping
- Muscle and joint pain
- Reproductive system damage



WHAT YOU CAN DO TO REDUCE LEAD EXPOSURE:



- Make sure everyone washes his/her hands before meals, naptime and bedtime
- Wash work clothes separately from other laundry
- Family members who are exposed to lead dust or fumes at work should wash up at work. They should also take a shower and change clothes before picking up or playing with children.
- Ask your doctor or clinic if you or your child should have a test to check for the presence of lead in your blood.
- Wear an approved respirator if the levels require it under the Cal-OSHA lead standard