

# Take-Home Lead

## A Preventable Risk for Your Family



### Take-home lead: A hazard for children and adults

Did you know that your job and hobbies can put your children and family at risk? Working around lead and having hobbies that involve lead can put you and your family at risk for lead poisoning.

Lead enters the body through inhaling or ingesting lead dust. The dust can attach onto your clothes, shoes, hair, skin, and personal items where it can leave a trail and transfer to your vehicle, carpet, floors, and furniture. Lead dust can also attach onto common items such as water bottles, phones, lunch boxes, and bags. This is known as take-home lead.

Lead exposure is a hazard for both children and adults, but it affects children more severely. Not taking extra precautions can result in exposing you and your family to lead.

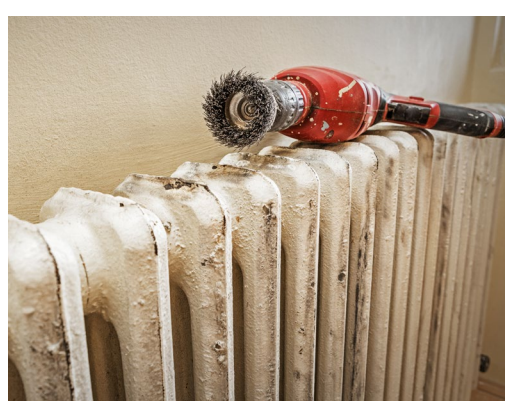
### Preventing take-home lead

- Wash your hands before eating, drinking, smoking, and touching your face or anyone else
- Shower and change into clean clothes before leaving work
- Keep your regular clothes separate from your work clothes, and wash them separately
- Get regular blood lead tests if your work or hobby involves lead

### High risk jobs and hobbies

- Construction demolition and renovation
- Lead soldering, welding and smelting
- Manufacturing of fishing tackle and batteries
- Electronic recycling and janitorial maintenance
- Fishing
- Hunting
- Firing range target shooting
- Antique and furniture refinishing
- ceramic pottery
- stained glass making





## Reducing blood lead levels

If you or your family have been exposed to lead, make a plan with your doctor to find the best treatment for reducing blood lead levels, and talk to your employers about reducing workplace exposures. If you have questions, contact MN OSHA or visit the website for more information.

Cleaning up sources of lead at home will also help reduce blood lead levels. Never use your household vacuum to clean up lead sources because it cannot pick up small pieces of lead and can blow lead dust into the air. Use a High Efficiency Particulate Air Filter (HEPA) vacuum or hire a lead removal professional.

## Health effects from lead exposure

Health effects from lead exposure may include:

- Learning behavior, and health problems in children
- Miscarriages, infertility, premature births, and stillbirths in pregnant women
- Underdeveloped brain and nervous system in growing fetus
- Impotence, reduced sex drive, low and abnormal sperm in men

No level of lead is safe. Damages from lead are permanent. Do not wait for signs and symptoms before seeking medical attention. Children who were exposed to lead often look healthy. A blood lead test is the only way to know if you or your family have been exposed to lead.



## Contact MN OSHA

Complaints, investigation, reporting serious injuries or work-related fatalities, and education

Phone: 651-284-5050 or 877-470-6742

Email: [osha.compliance@state.mn.us](mailto:osha.compliance@state.mn.us)

Workplace safety consultation for employers

Phone: 651-284-5060 or 800-657-3776

Email: [osha.consultation@state.mn.us](mailto:osha.consultation@state.mn.us)

## Be cautious throughout the day

Lead dust is so small, it cannot be seen by the naked eye. Protect yourself by wearing personal protective equipment (PPE) such as gloves, safety glasses, bodysuits, and a fitted respirator.

Minimize transferring lead dust to your vehicle during breaks and after work by:

- Keeping personal items clean and away from your work environment
- Changing your shoes and leaving them at work

