



Learn more about lead

For more information about lead and your work, contact the Arkansas Department of Health's Lead Based Paint Program

Phone: 501-671-1472.

Email: ADH.LBP@Arkansas.gov

Visit ADH website by scanning the QR code below:



Keep Your Family Safe Don't Bring Lead Home From Your Job

No Amount of Lead is Safe, Even for Adults

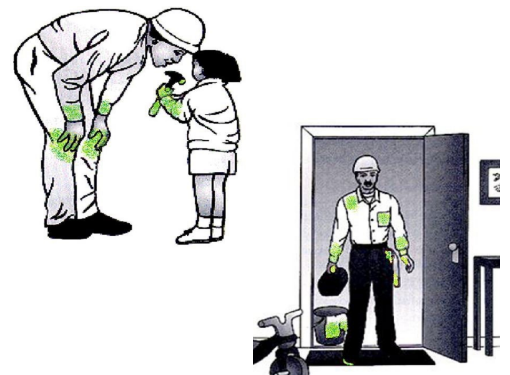
You can encounter lead through your job or your hobbies.

Jobs and hobbies where you might encounter lead include:

- Painters/paint removers
- Welders/torch cutters
- Building renovators
- Radiator repairers
- Bridge workers
- Shooting range workers
- Soldering workers
- Plumbers
- Fishing sinker and bullet makers
- Demolition workers
- Auto body paint workers
- Battery manufacturing workers
- Used electronics recycling (e-scrap) workers
- Metal scrap cutting and recycling workers
- Pottery/ceramic workers
- Stained glass makers

Lead dust is hard to see and can accumulate easily on your hair, skin, clothes, shoes, and tools.

- When you bring lead dust home, it can settle on your floors, furniture, or in your car. Your family can then breathe in or swallow the dust.
- If you work with lead at home, family can come into the work area and encounter lead dust.



Lead is especially dangerous for young children.

- **Most children with lead poisoning do not look or act sick.**
- Lead permanently hurts a child's growing brain.
- Lead exposure can also harm babies during pregnancy.
- When children breathe or swallow lead, they absorb 4-5 times as much of it as an adult would since their bodies are so small.
- Children spend a lot of time on the floor and often put their hands and other items like toys in their mouths. If lead dust gets on these items, children can swallow it and get lead poisoning.

Three Ways to Protect Yourself and Your Family from Lead



1. Stay safe at work

Ask your employer if you work with lead.

Keep children out of workplaces where lead is present.

Use good safety practices to lower how much lead you come in contact with.

- Wear protective clothing at work.
- Use cold, damp methods to remove paint.
- Use ventilation systems to remove lead dust.
- Never use compressed air to clean up. Instead, damp mop or wet clean using a vacuum cleaner with a high-efficiency particulate air (HEPA) filter.
- To learn more, talk to your safety officer or contact the Lead-Based Paint Program.

2. Don't take lead home

The best way to keep lead dust out of your home is to keep it from leaving work.



Shower before leaving work if possible and always wash your hands before you leave.



Change your clothes and shoes before leaving work.



Don't bring your lunch box, toolbox, or other personal items into the work area.

Don't take work items home. If you do, store them in a heavy plastic bag away from children.

Keep dirty work clothes and shoes separate from clean clothes. Leave work shoes at work.

Bring work clothes or shoes home in a heavy plastic bag and keep them away from children.

Wash work clothes in a load by themselves, then run the empty washing machine to rinse out lead.

If you can't change clothes or shower at work, lower the amount of lead dust that comes home.

- Take off your work shoes before you enter your home.
- Change out of your work clothes as soon as you get home. Wash your work clothes right away if you can.
- Wash your hands or shower as soon as you get home.

If you work with lead in your home, keep the work area separate from living areas and keep family members out of the work area.

If you think lead dust is in your home, call the Arkansas Department of Health Lead-Based Paint Program, at 501-671-1472 or ADH.LBP@arkansas.gov. Using a regular vacuum cleaner can make the problem worse. Other resources may be found at: <https://healthy.arkansas.gov/programs-services/licensing-military-member-licensure-permits-plan-reviews/lead-based-paint-program/>

3. Talk to your doctor if you work with lead

Ask for a blood lead test. Adults who are lead poisoned may have serious health problems without knowing it.

Children and pregnant women in your house should also be tested for lead. Your doctor or a health clinic can help you get tested.