



Don't take lead home from your job!

Can lead at work harm my child?

Yes. Your child can get lead poisoned if anyone who lives in your home works with lead. Some jobs involve working with materials that produce lead dust or fumes. You may not see the lead dust or fumes, but it can get on your hands, face and clothes. You take lead dust from your job to your family when you wear your work clothes and shoes home. Lead dust can get in your car. It can get on furniture, floors and carpets. Your child can swallow this lead dust and become poisoned.

What can lead poisoning do to my child?

Any person can become lead poisoned, but children younger than 6 years of age and pregnant women are at a higher risk. Lead is a poison that can harm the brain, kidneys, and other organs, especially in children. Even a small amount of lead in a child's body can impact their development, making it hard for them to learn, pay attention, and behave.

Most children who have lead poisoning do not look or act sick. The only way to know if your child has lead poisoning is to have your doctor give your child a blood test for lead. At risk children should be tested at 1 and 2 years of age for lead poisoning. Also, children should be tested if they are between the ages of 1 and 6 years and have not been tested for lead before.

Who's at risk?

Children under 6 years old and fetuses are at greatest risk of harmful health effects from lead poisoning.

Children who live or spend significant amount of time in pre-1978 housing or buildings with paint in poor condition or undergoing renovation may be exposed. Also, children in publicly supported programs such as Medi-Cal, CHDP and Women, Infant and Children (WIC) are at greater risk.

Children exposed to lead contaminated dust or soil.

A pregnant woman can pass lead to her unborn child. The baby can be born too small or too early. If a pregnant woman's lead level is very high, there is a greater chance of a miscarriage.

What can lead poisoning do to adults?

Lead can cause permanent health damage, even if you do not have any symptoms. Health problems can show up years later. Lead can affect your kidneys, brain, and blood pressure. Some adults who are lead poisoned may feel tired, irritable, or get aches and pains.

The only way to know if you have lead poisoning is to have your doctor give you a blood test for lead.

How do I know if I work with lead?

You may work with lead if you:

- Make or paint ceramics
- Remove old paint
- Tear down or remodel houses, buildings, tanks, ships, or bridges
- Make or fix batteries
- Fix cars or make car parts
- Melt, cast, or grind lead, brass, or bronze
- Make or fix radiators
- Work with solder
- Work with scrap metal
- Work at a shooting range
- Assemble computers with lead solder
- Work with plumbing
- Make stained glass
- Make fishing lures and sinkers

This is not a complete list. There are many other jobs where lead can be dangerous. If you do not know whether you work with lead, ask your employer.

How do adults get lead poisoned?

Lead gets into your body by breathing or swallowing lead dust or fumes. Lead dust can get on your hands, face or food.

How can I protect myself and my family from lead poisoning at work?

- Wash your hands and face with soap and water before eating or drinking.
- Do not eat, drink or smoke in your work area. Go to clean areas for lunch and breaks.
- Before leaving work, wash your hands and face with soap and water. Change into clean clothes and shoes before you get into your car to go home. Put dirty work clothes and shoes in a plastic bag or leave them in your locker at work.
- Take a shower and wash your hair as soon as you get home. (It is better to shower at work if you can).
- Wash work clothes separately from all other clothes. Empty your work clothes from the plastic bag directly into the washing machine and wash them. Run the empty washing machine again to rinse out the lead.

Does my employer have to protect my health?

Yes! Your employer must follow special laws to protect you from lead poisoning (Cal/OSHA Lead Standard). To find out about these laws, talk to your employer or union representative, or call the Occupational Lead Poisoning Prevention Program Help line at **1(866) 627-1587** or visit www.cdph.ca.gov/Programs/CCDC/DEODC/OHB/OLPPP/Pages/OLPPP.aspx.

Where can I get help?

- **For your child** - If your child has Medi-Cal or if your child is in the Child Health and Disability Prevention program, the blood test for lead is free when your child gets a check-up. Other health insurance plans also will pay for the test. For more information, contact the

Solano County Childhood Lead Poisoning Prevention Program at (707) 784-8070.

- **Information on lead at work** - You can contact the California Department of Public Health, Occupational Lead Poisoning Prevention Branch at **1-510-620-5757** or visit www.cdph.ca.gov/Programs/CCDPHP/DEODC/OHB/OLPPP/Pages/OLPPP.aspx.
- **Complaints about lead at work** - Talk to your employer if you think there is a lead problem at your job. If your employer does not fix the problem, you can call Cal/OSHA and ask for an inspection. Cal/OSHA will not tell your employer who made the call. Call the Cal/OSHA office in your area or call Cal/OSHA headquarters at (510) 286-7000.

For more information, contact the Solano County Childhood Lead Poisoning Prevention Program (CLPPP) at (707) 784-8070.

