

## WHAT?

There are many ways adults can be exposed to lead, but most adults with high levels of lead are exposed through occupational demands. Inhaling dust from worksites or ingesting lead particles can result in high levels of lead in the blood.

### If you work with lead you need to:

- Find out how much lead is in your blood.
- Talk to your health care provider about lead and your health.
- Take steps to protect yourself at work.



## YOU MAY WORK WITH LEAD IF YOU...

- Make or repair radiators
- Make or recycle batteries
- Recycle scrap metal or electronics
- Melt, cast, or grind lead, brass, or bronze
- Make or glaze ceramics
- Work at a shooting range or reload bullets
- Remove paint or coatings
- Remodel homes or buildings
- Tear down buildings, bridges, or tanks
- Cut, weld, or saw lead-containing metal
- Use solder
- Do construction work in pre-1978 housing

## GET TESTED

### For more information, contact:

- Your health care provider or clinic
- Your local county health department
- The Oklahoma State Department of Health Childhood Lead Poisoning Prevention Program **1.800.766.2223**
- The National Lead Information Center Hotline **1.800.424.5323**



**OKLAHOMA**  
State Department  
of Health

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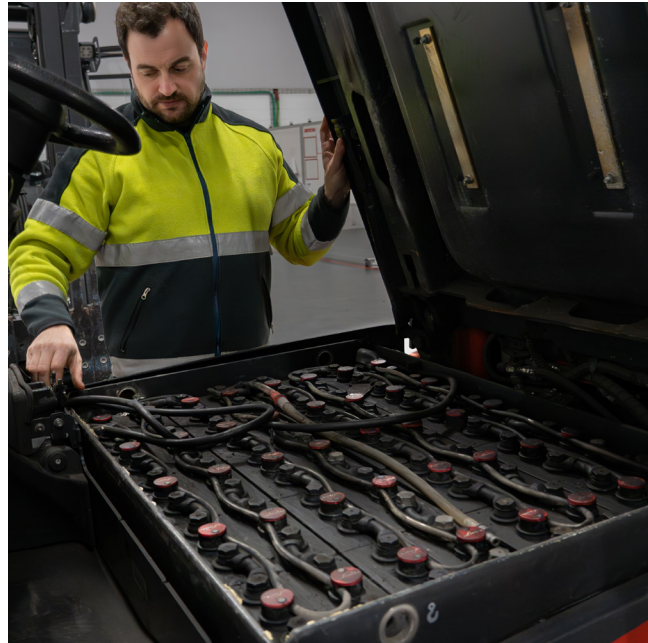


# GET THE LEAD OUT

**HOW TO PROTECT YOURSELF  
AGAINST LEAD POISONING IN  
THE WORKPLACE**



# WORK PRECAUTIONS



## HEALTH DAMAGE

Health damage from lead can be permanent, occur with no symptoms, and not show up until many years later.

### Even at low levels, lead can:

- Increase blood pressure.
- Decrease brain function.
- Decrease kidney function.
- Harm the physical and mental development of your children.
- Increase chances of having a miscarriage.

## SAFETY TIPS

### Ingestion:

- Wash hands and face before eating and drinking, and before leaving work.
- Do not eat, drink, or smoke in the work area.
- Take a shower and wash hair before leaving work or as soon as you get home.
- Change into clean clothes and shoes before you leave work, if possible.

### Inhalation:

- Use techniques to block inhalation of dust and fumes.
- Ask your employer for a respirator.

## VISIT A HEALTH CARE PROVIDER

If you are exposed to lead in your occupation, you should get a blood test every six months.

- Ask your employer for a blood lead level test.
- Ask your personal health care provider for a test.

### During your visit to the health care provider, tell them:

- What you do at work.
- How long you have been at your job.
- Past jobs.
- If you have ever had high blood lead levels.

## PROTECT YOUR FAMILY

You can take lead dust home from your job on your clothes and shoes which may expose your family.

### Remember to:

- Change into clean clothes and shoes before going home.
- Wash your face and hands before leaving work.
- Take a shower as soon as you get home.
- Wash work clothes separately.