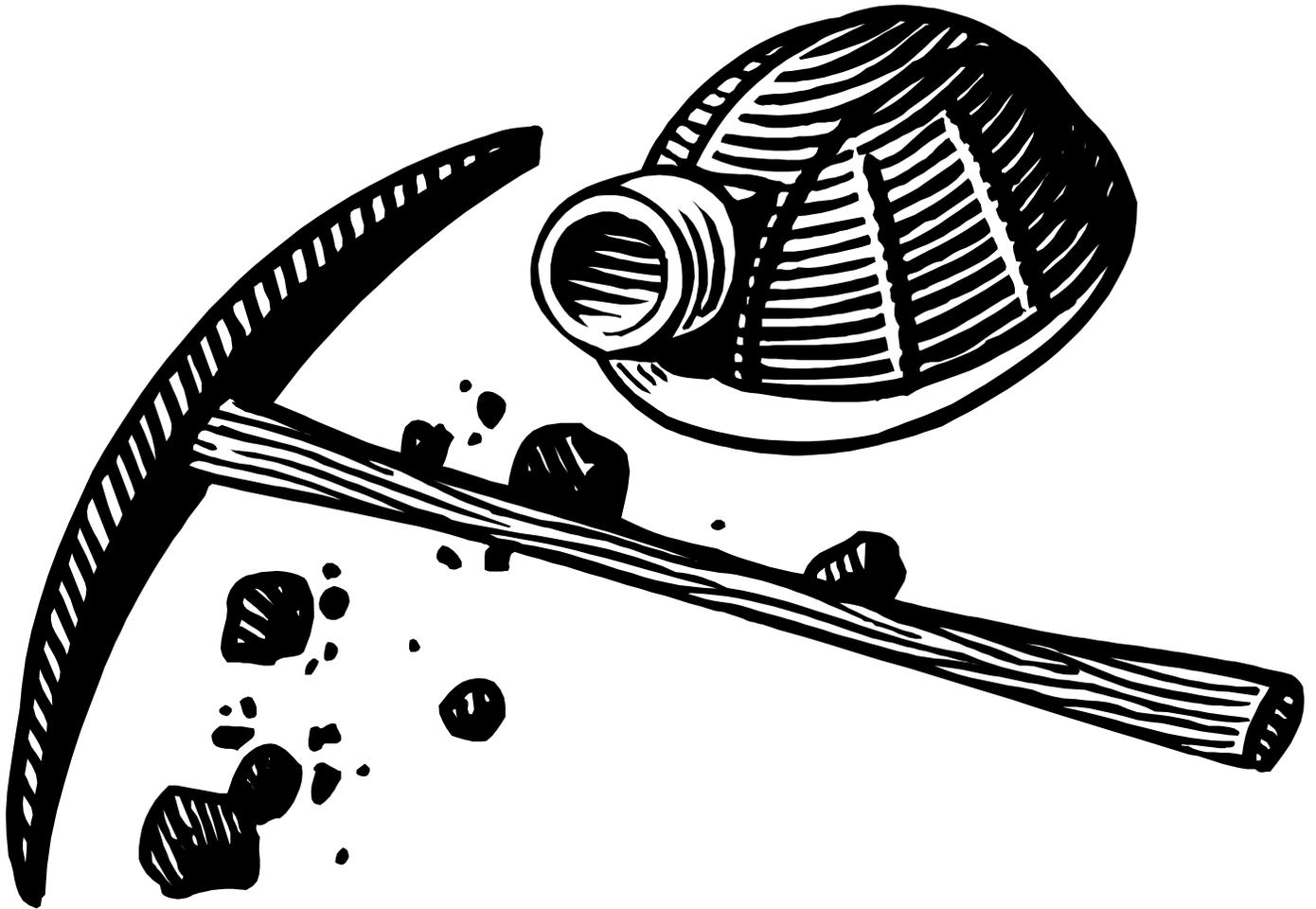


Occupational  
**Lead Exposure**

## Protecting Adults from Exposure to Lead Hazards

*Lead is found throughout the environment and comes from many sources. Lead poisoning is a **serious and preventable disease**, especially in children and pregnant women, but occupational lead exposure continues to be a major cause of disease in adults.*



# Jobs that Could Expose You to Lead:

- Thermal stripping or sanding of paint
- Construction
- Refinishing furniture
- Demolition of old structures
- Brass, copper or lead foundries
- Lead production or smelting
- Welding
- Lead soldering
- Printing

- Auto repair/painting
- Radiator repair
- Mining
- Bridge/Tunnel and highway construction
- Ceramic or tile glazing
- Scrap metal handling
- Machining and grinding
- Lead abatement work
- Remodeling of older homes (pre-1978)
- Manufacture and disposal of batteries

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## Other Areas Where Lead Might Be Found:

- Hobbies:** indoor/outdoor target shooting, gun reloading, fishing weights, ceramics/pottery, stained glass, refinishing furniture, home brewed beverages
- Soil:** may be contaminated from mining/milling operations, peeling or chipping paint from outside of older homes or buildings
- Paint:** houses built before 1978
- Products:** vinyl mini-blinds, metal candle wicks, crayons, toys, jewelry, cosmetics, news papers or magazines – contact the manufacturer or check the packaging to see if the product contains lead
- Water:** plumbing has lead pipes or copper pipes with lead solder joints

*A person gets **lead in their body** by breathing leaded dust or fumes, or eating something containing lead. Lead can be stored in the bones and tissues for a long period of time, resulting in a build up of lead in the body*

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## Signs and Symptoms:

- headache
- irritability
- nervousness
- loss of appetite
- dizziness
- depression
- clumsiness
- impotence
- sleeplessness
- muscle weakness
- constipation
- vomiting
- forgetfulness
- stomach ache
- wrist/foot drop
- joint/muscle pain
- tiredness
- metal taste in mouth
- numbness or tingling in fingers and toes
- blue tint on gums and skin under fingernails

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# The Health Effects of Lead in Adults:

- damage to brain, nervous system, and kidneys
- anemia
- fatigue
- increased blood pressure
- slower reflexes
- reproductive problems such as: difficulty becoming pregnant and miscarriages in women, decreased sperm count and sex drive in men
- very high levels may cause coma and even death

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## What Can I Do?

- Change into work clothes and shoes before beginning each work day. Keep non work clothes in a clean place
- Wear a clean, properly fitted respirator, gloves, goggles and clothing protection
- Wash your hands and face before you eat, drink, smoke, chew gum or apply cosmetics or lip balm
- Eat, drink and smoke only in areas free of lead dust and fumes
- Shower at the end of the work day. Change into clean clothes and shoes before leaving the worksite to prevent leaded dust being taken home
- Wash your clothes at work. If you need to take clothes home, carry clothes in a plastic bag and wet clothes before taking out of bag, wash clothes separately from family's clothes  
Avoid raising lead dust at work by using a vacuum with a HEPA filter, using wet methods, or having a exhaust system to remove lead fumes and dust

*Your family can be exposed to lead, if you take leaded dust home on your clothes/shoes and/or have a hobby at home, which could expose your family to lead and its effects. Young children are especially vulnerable to the effects of lead.*

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## Who Can Help and Where to Get Additional Information?

-Personal physician or company doctor  
-Safety Officer/Industrial Hygienist  
-Union  
-Local Health Department  
-Utah Department of Health  
  Bureau of Epidemiology  
  288 North 1460 West  
  Salt Lake City, Utah 84114-2104  
  (801) 538-6191  
  <http://health.utah.gov/epi/enviroepi/>  
-U.S. Consumer Product Safety Commission  
  <http://www.cpsc.gov/>

-Utah Labor Commission (Utah OSHA)  
  160 East 300 South, PO Box 146650  
  Salt Lake City, Utah 84114-6650  
  (801) 530-6901  
  <http://uosh.utah.gov/index.html>  
-National Institute of Occupational Safety & Health  
  <http://www.cdc.gov/niosh/topics/ABLES/ables.html>  
-U.S. Environmental Protection Agency  
  <http://www.epa.gov/lead/>  
- Agency for Toxic Substances and Disease Registry  
  <http://www.atsdr.cdc.gov/>

