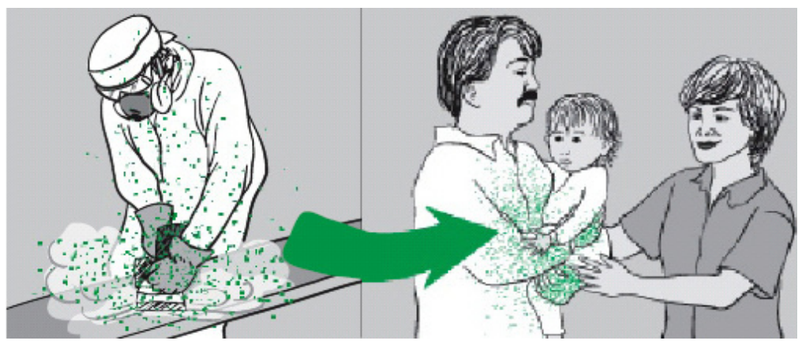
# *Don't take lead home from your job!*

## Can lead from work harm my child?

Yes. Your child can get lead poisoning if you or someone who lives in your home works with lead.



Some kinds of work make lead dust or fumes. You cannot see lead dust, 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 and even on your child's car seat. It can get on furniture, floors, and carpets. Your child can swallow this lead dust and be poisoned.

## How do I know if I work with lead?

You may work with lead if you:

- remove old paint
- tear down or remodel houses, buildings, tanks or bridges
- work at a shooting range
- solder pipes
- make or fix radiators or batteries
- melt, cast, or grind lead, brass, or bronze
- recycle or work with scrap metal

The law says that your employer must tell you about anything at work which is dangerous, including lead. Your employer is responsible for your health and safety. Talk to your employer about lead, or call the Maine Occupational Disease Registry Program at 207-287-5378.

Protect your family.

- Check this website: www.maine.gov/healthyhomes
- Call for advice: **1-866-292-3474 • TTY: Call Maine Relay 711**

Maine Center for Disease Control and Prevention
An Office of the Department of Health and Human Services
Paul R. LePage, Governor  Mary C. Mayhew, Commissioner

## How can I protect my family from lead poisoning?

Change into clean clothes and shoes at work before you get into your car or go home. Put dirty work clothes and shoes in a plastic bag.

Wash your face and hands with soap and warm water before leaving 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 directly from the plastic bag into the washing machine and wash them. Run the empty washing machine again to rinse out the lead. (It is better if your employer washes the work clothes).

If you have any questions, call the Healthy Homes & Lead Poisoning Prevention Program toll free in Maine. 1-866-292-3474

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Adapted from:
The California Occupational Lead Poisoning Prevention Program and the California Childhood Lead Poisoning Prevention Branch.

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