

Please post

## HEALTH ALERT

# TAKE STEPS TO PREVENT LEAD POISONING

## Important Information for Firing Range Workers



- ⊕ Follow safe work practices learned from training provided by the owner/range operator.
- ⊕ Wear gloves and eye protection when using chemicals to clean weapons.
- ⊕ Wear respirators and full protective outer clothing when performing range maintenance or cleaning.
- ⊕ Wash your face, forearms, and hands before you smoke/chew tobacco, eat, or drink.
- ⊕ Change out of range clothes and shoes before going home or getting in your car.



Never dry sweep or shovel bullet debris



- ⊕ Household members may accidentally ingest lead dust from your car or from the home as lead dust can settle on furniture, rugs, carpets, and other surfaces.
- ⊕ You may also have lead in your blood if your hobbies include making bullets or fishing weights (sinkers) and lures at home, for example.



- ⊕ The Centers for Disease Control (CDC) defines an elevated blood lead level for adults as equal to or higher than five (5) micrograms per deciliter ( $\mu\text{g}/\text{dL}$ ). If you suspect you have been exposed to lead, even if you have no symptoms, ask your doctor for a blood lead test for you and your family.
- ⊕ Women should tell their doctor if they are pregnant or considering becoming pregnant.
- ⊕ Report any symptoms and rising blood lead levels to your employer or range operator.  
**See back for types of lead poisoning symptoms.**

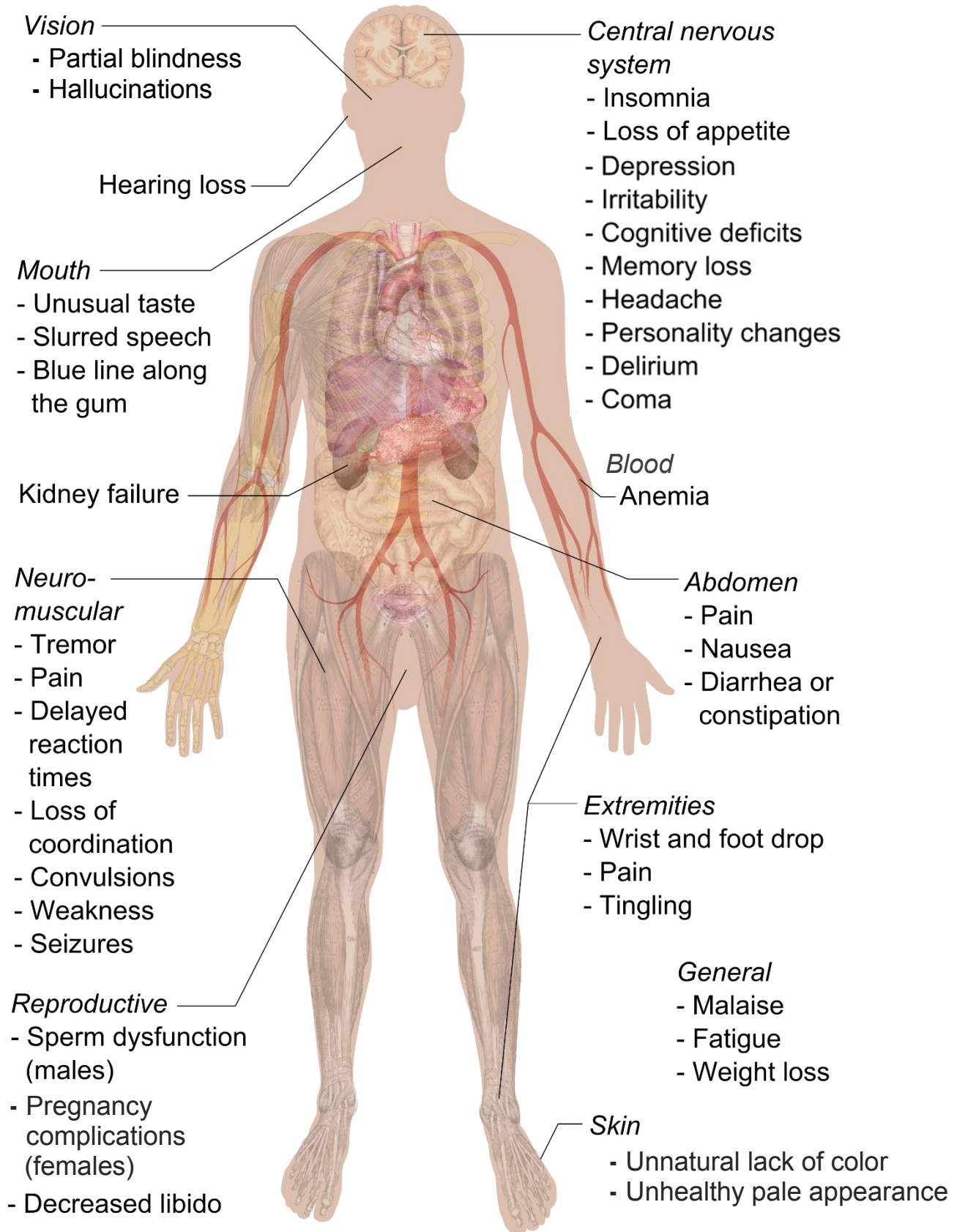


- ⊕ If you have health concerns, you or your doctor can contact Rutgers University's Environmental & Occupational Health Sciences Institute (EOHSI) Clinical Center in Piscataway, NJ. EOHSI doctors specialize in occupational and environmental exposures and can provide additional guidance. Phone: (848) 445-0123.



- ⊕ For more information, public employees can contact the Public Employees Occupational Safety and Health (PEOSH) Program at (609) 984-1863. Private sector employees can contact OSHA at (800) 321-6742. Also, check us out on Twitter at: #kNowLEAD.

# Symptoms of Lead poisoning<sup>†</sup>



<sup>†</sup>U.S. Department of Health and Human Services [2007] Toxicological profile for Lead (update) [<http://www.atsdr.cdc.gov/toxprofiles/tp13.pdf>] Agency for Toxic Substances and Disease Registry