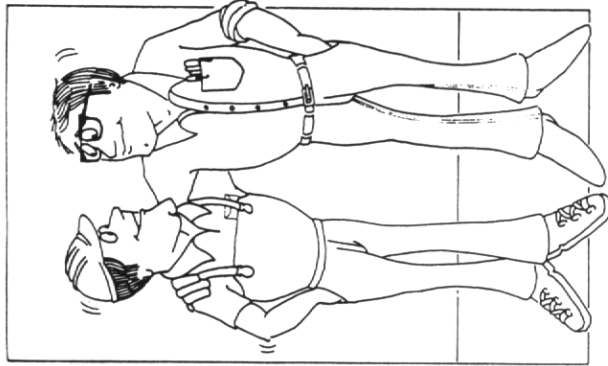
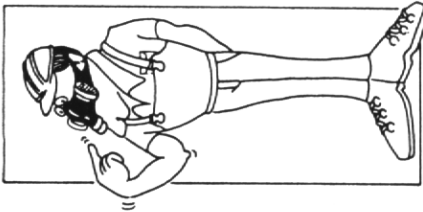


## Use of a Respirator

In some parts of the plant you may be asked to wear a respirator to keep the dust out of your lungs.

When respirators are required, it is for your health's sake. Wear the respirator properly—one strap fastened above the ear and one below. Be sure the respirator fits tightly to prevent air leaks around the face seal. Don't take short cuts, follow your employer's respirator program.



# LEAD AND YOUR HEALTH

TIPS ON OCCUPATIONAL PROTECTION



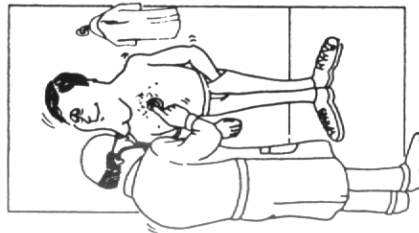
Cooperation is the key to success!

## Good Health and You

When the company provides air ventilation equipment, medical programs, good housekeeping standards, protective equipment and training sessions—and you follow the basic health program—the result is sound health protection for everyone.

No one can do it alone. Cooperation is the key to success.

Remember, occupational lead poisoning is easily avoided with all the right precautions.



Overexposure to lead can be dangerous for people who work with the metal.

To avoid overexposure, equipment is often installed to reduce the amount of lead in your work environment, and medical programs created to maintain a constant check on your health.

Government rules prescribe much of what the industry does, but air cleaning equipment and government rules alone may not always protect your health.

It also depends on how well you take care of yourself on the job and how well you follow the recommendations set down to ensure that you and your family stay healthy.

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## What is Lead Poisoning?

Like most materials, lead can be a poison, if you absorb too much into your system.

Lead can enter your body through your mouth and nose, reach the lungs, stomach or intestines, and then enter the bloodstream. The body excretes lead through feces and urine.

That is a normal process and occurs regularly because minute quantities of lead are always in the food and drink we consume and the air we breathe.

Trouble begins when the amount of lead taken in is greater than your body's ability to excrete and cleanse itself. This increase of lead in the body, if unchecked, can cause illness.

Accumulation of lead in the body greater than normal can cause a range of symptoms from anemia, fatigue, headaches, or weight loss, to constipation. Since these are similar to symptoms you might have with the flu or some other common illness, you might not know that lead is the cause.

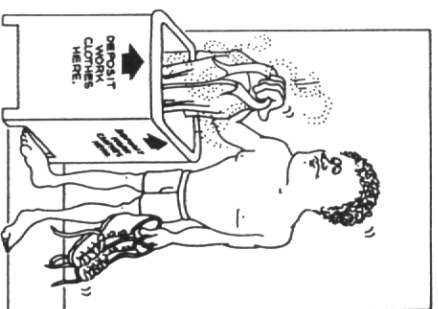
If lead were to continue to build up in your body, the end result could be brain damage or even death.

Those extreme effects are not found in modern industry for two reasons:

First, ventilation equipment and health protection practices have been designed to prevent overexposure to lead.

Second, the test used to check your blood and/or urine will detect any build-up *before* it can cause illness.

That is why it is important to cooperate fully in your company's biological monitoring program.



## How Are You Exposed to Lead?

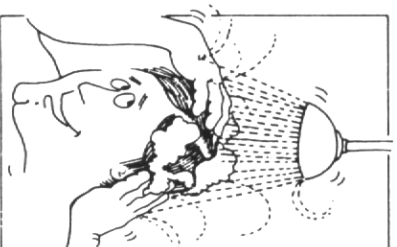
In industry, lead gets into the air in two forms: fume and dust.

When the metal is melted at a temperature above 800° F, invisible

fumes containing some lead go into the air and can be inhaled into your lungs. These small particles are easily absorbed into the bloodstream.

Processing can create dust that can also be inhaled. In addition, the dust can get on your hands and clothes, be transferred to your mouth, swallowed and absorbed in your stomach and intestines.

That is why air-cleaning equipment is used, and why it is important to follow good housekeeping practices such as wet sweeping (or use of vacuum cleaners with high efficiency particulate absorption filters). By following good housekeeping practices, you are protecting your own health.



## What Can You Do?

The best general rule for self protection is to stay alert to the possibility of the lead hazard.

The precautions you take on the job have a lot to do with keeping you and your fellow workers healthy. Here's a checklist of good health practices:

- ✓ Wash your hands and face thoroughly before eating.
- ✓ Eat in a designated lunch room, separate from the work area.
- ✓ Keep hands out of your mouth—unseen dust may be on your fingers.
- ✓ Don't smoke in the work area, or put anything that might have dust on it into your mouth.
- ✓ Don't rub your sleeve against your face—remember, what you don't see can be harmful.
- ✓ Help keep the plant as clean as possible.

## Keep Your Family Safe

Under no circumstance should work clothes or shoes be taken home.

Work clothes can get dusty. Various means are available to provide a change

of work clothes so that you don't take lead dust home to your family. If you work in a high exposure area, take a shower and shampoo your hair before going home. Follow your company's procedures carefully.

