



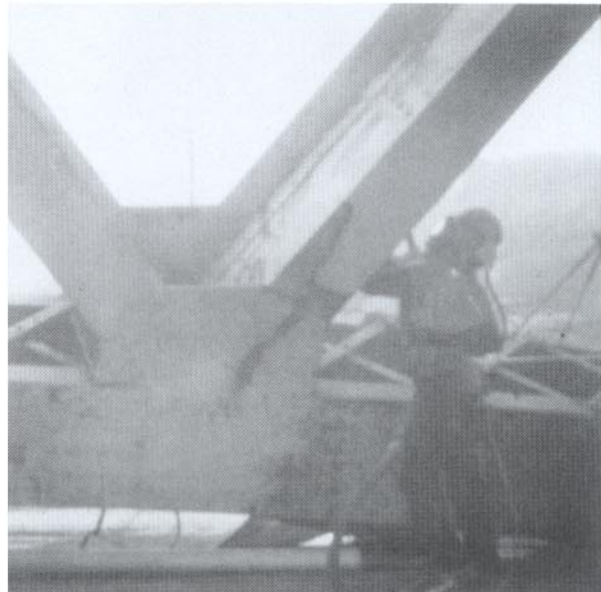
Lead Poisoning in Construction Workers

WARNING!

Workers are at risk of lead poisoning during the maintenance, repainting, or demolition of bridges or other steel structures coated with lead-containing paint.

Take the following steps to protect yourself and your family from lead exposure:

- Be aware of the health effects of lead exposure (see p. 3 of the NIOSH Alert, *Request for Assistance in Preventing Lead Poisoning in Construction Workers*) and discuss with your doctor any symptoms or concerns that may be related to lead poisoning.
- Participate in any blood lead or air monitoring program offered by your employer.
- Use engineering controls such as source containment and local exhaust ventilation to minimize exposures to lead.
- Be aware that the highest lead concentrations may occur inside containment structures.
- Use respirators when blasting, sweeping, vacuuming, or performing other high-risk jobs (as determined by an industrial hygienist or other qualified professional).
- Change into disposable or washable coveralls at the worksite.
- Do not eat, drink, or use tobacco products in the work area.
- Wash your hands and face before eating, drinking, or smoking outside the work area.
- Shower and change into clean clothing before leaving the worksite to prevent contaminating homes and automobiles.



For additional information, see the NIOSH Alert, Request for Assistance in Preventing Lead Poisoning in Construction Workers [DHHS (NIOSH) 90-116a], or call 1-800-35-NIOSH. Single copies are available free from the following:

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