Work Safe!

Lead is dangerous and can cause:

Brain and nerve damage
Depression
Dizziness
Fatigue
Headaches
Irritability
Memory loss
Tremors
Trouble sleeping

Muscle or joint pain



High blood pressure

Constipation
Kidney damage
Loss of appetite
Stomach cramps

Abnormal sperm Impotence Infertility Loss of sex drive Miscarriage Preterm labor Stillbirth

Take these steps to protect yourself and your family from lead:

Do not eat, drink or smoke in the work area.	
Wash hands and face with soap and water bef	ore
eating, drinking or smoking.	
Wear protective clothing and a proper respirate	or.
Use safe work practices and wet cleaning methods to reduce dust exposure.	
Wash and shower before leaving work.	
Change out of work clothes and shoes before home or getting in your car.	going
Wash work clothes separately from other household clothing.	
Get regular blood lead tests for yourself and your family.	NY Health

Most adults with lead poisoning do not feel or look sick.
Call 311 or visit nyc.gov/lead to learn more.