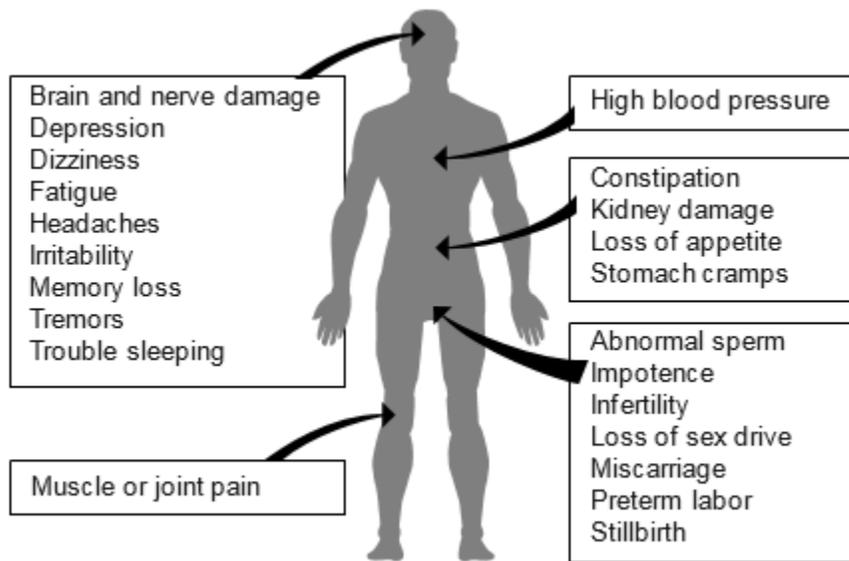


Lead is a poison with serious health effects for adults

Recent studies show that even small amounts of lead can cause health problems in adults. Most adults with lead poisoning do not look or feel sick. **Lead poisoning may cause:**



Lead poisoning can also cause learning and behavior problems in children.

Lead exposure may come from breathing lead dust or lead fumes or from using products or remedies containing lead.

Lead dust or fumes can be breathed in or accidentally swallowed from these activities:

- Abrasive blasting
- Battery recycling/smelting or electronics production/repair/recycling
- Cable splicing/production
- Cleaning up lead-contaminated work areas
- Dry scraping and sanding
- Torch-cutting, burning, welding or using a heat gun
- Using grinders, sanders, needle guns, scalers and other power tools
- Antique restoration
- Casting fishing weights or lead figurines
- Home renovation or furniture restoration/refinishing/repair
- Jewelry making or ceramic/pottery making
- Print making and other fine arts
- Stained glass work or glassblowing with leaded glass
- Target shooting/hunting/casting ammunition

Some imported health remedies and supplements, foods and spices, cosmetics, or food prepared or served in imported lead-glazed clay pots and dishes may contain lead. Paint chips, soil, clay and crushed pottery may also contain lead. To see if you are at risk, fill out an [adult lead self-assessment](#) form.

Ask your doctor about a blood lead test

Talk to your doctor about getting a blood lead test if you think you have been exposed. A blood lead test is the only way to find out if you have been exposed to lead.

- Employers must provide regular blood lead tests to workers exposed to lead on the job.
- Any adult at risk for lead exposure from work, hobbies or use of lead-containing products should get a blood lead test.
- All pregnant women must be screened for exposure to lead at their first prenatal visit.
- All children must be tested at ages 1 and 2.

A blood lead level of 5 µg/dL or higher means you have been exposed to lead. As blood lead levels increase, the potential for health effects increase.

Steps you can take to protect yourself and your family

ALWAYS:	<ul style="list-style-type: none">• Wash your hands and face before eating or drinking• Never eat or drink in areas where you work with lead
AT WORK:	<ul style="list-style-type: none">• DO NOT eat, drink or smoke in the work area• Wash hands and face before eating, drinking or smoking• Wear a proper respirator and keep it clean• Wear protective clothing• Use lead-safe work practices and engineering controls to prevent exposure to lead• Use wet cleaning methods and HEPA vacuums to clean work areas and reduce dust exposure. Never dry sweep or use compressed air• Change out of work clothes and shoes before going home or getting in your car• Wash and shower before leaving work
WHILE DOING HOBBIES:	<ul style="list-style-type: none">• Alternatives to lead are available for most hobbies; use them whenever possible• Work in a clean, well-ventilated area
AT HOME:	<ul style="list-style-type: none">• Avoid using health remedies and supplements, foods and spices, and other products that may contain lead. For more information on specific products to avoid, visit nyc.gov/hazardousproducts• Avoid using ceramic pots, dishes, bowls and cups from other countries to cook, serve or store food• Never eat non-food items such as paint chips, soil, clay and crushed pottery• Wash work clothes separately from the family laundry if someone in your household works with lead• Get regular blood lead tests for you and your family

For more on [adults and lead poisoning](#), visit nyc.gov and search for “lead adults”, or call 311.