Work Safe!

Lead is dangerous and can cause:

- Brain and nerve damage
- Depression
- Dizziness
- Fatigue
- Headaches
- Irritability
- Memory loss
- Tremors
- Trouble sleeping
- High blood pressure
- Constipation
- Kidney damage
- Loss of appetite
- Stomach cramps
- Abnormal sperm
- Impotence
- Infertility
- Loss of sex drive
- Miscarriage
- Preterm labor
- Stillbirth
- Muscle or joint pain
- Most adults with lead poisoning do not feel or look sick.

Call 311 or visit nyc.gov/lead to learn more.

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 before eating, drinking or smoking.
- Wear protective clothing and a proper respirator.
- 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 going home or getting in your car.
- Wash work clothes separately from other household clothing.
- Get regular blood lead tests for yourself and your family.

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