Shoot for Lead Safety

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

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

- Do not eat, drink or smoke inside the shooting range.
- Wash hands with soap and water after handling firearms, ammunition or casings, clothes and shoes worn at the range, and before eating, drinking or smoking. Use lead-specific soap whenever possible.
- Use non-leaded bullets and primer whenever possible.
- Wear gloves to pick up spent casings. Never sweep up spent casings.
- Change out of range clothes and shoes before going home or getting in your car.
- Wash range clothes separately from other household clothing. Wipe shoes clean using wet wipes.
- Get regular blood lead tests for yourself and your family.

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