

Keeping Lead at Work and Preventing Take-Home Lead Exposure

Lead dust can be carried home on your clothes, shoes, skin and hair and could expose your family, vehicles, and home interiors to lead. Children and pregnant women are especially at risk for negative health effects of lead exposure.

Be careful what you bring to work

The following personal possessions may become contaminated at work:

car keys, cell phone, glasses, hat, jewelry, tobacco products, wallet, watch, and other pocket items



These are items young children may want to play with or put in their mouths. Leave these items **at home** or **in your car**, or place in a **clean locker room** before work.

The following items may become contaminated at work:



Consider bringing **food, water, and clothing** in disposable containers or bags. Store the disposable container or bag in a **clean place** at work and in a **clean plastic bag** in the car or at home. Also, consider using disposable tissues instead of handkerchiefs.

While at work

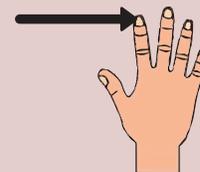
- Take steps for **staying clean** during work breaks.
- **Protect your personal belongings** from lead exposure.
- Do **NOT** eat in work area, keep lunch items in break room.
- Use disposable drink containers (water, soda, coffee). Do **NOT** bring containers from work to home.



- If disposable drink containers are not available, **frequently clean** non-disposable containers used at work.
- Do **NOT** go to car during breaks at work.
- **ALWAYS** wash hands, arms, and face with soap and water before eating, drinking, or smoking.

At the end of your shift (use available resources at work)

- Take steps to clean up **before** leaving work.
- Do **NOT** wear any work clothes, shoes or other work gear home.
- Deposit work clothes in **dirty** locker room. If not laundered at work, put dirty personal items (clothes, socks, underwear, headbands) in **clean, sealed, plastic bag** to bring home.



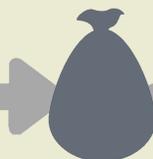
- Shower, wash hair and clean under your finger nails. Keep nails short.
- After showering, put on **clean** clothes (including socks and underwear) and shoes.
- **Before** entering your car, put on a **second pair of clean shoes**.



When coming home from work

- Enter from rear door. Leave work boots outside, if worn home.
- If not already done, remove work clothes, shower, and wash hair, **BEFORE** playing with or hugging your children.
- Keep any clothes worn at work in plastic bag. Empty work clothes from plastic bag **directly** into the washer, **dispose** of plastic bag after use.
- Wash any work clothes **separate** from your family's clothes. Run the washer through one rinse cycle before using again.

- Periodically, clean your work vehicle interior and carpets in your home. For hard surfaces, use **wet cleaning method**. For soft surfaces and upholstery, vacuum with a **"HEPA" or allergy filter**.
- If you think your home or vehicle may be contaminated with lead, have your family tested for lead in their blood.
- If possible, do **NOT** transport children to school and daycare in vehicle driven to work.



NC DEPARTMENT OF
HEALTH AND HUMAN SERVICES
Division of Public Health

For more information about preventing take-home lead exposure contact:
Children's Environmental Health Branch at 919-707-5950

or

Occupational Environmental Epidemiology Branch at 919-790-5900.

NORTH CAROLINA
HEALTHY HOMES

CEHS
Center for
Environmental
Health and
Susceptibility