



Strengthening Health Systems to Reduce Lead Exposure

Lead and Your Job: Prevent lead exposure for you and your family's health

Lead and your job

If you work with or near products and materials that contain lead, it can get inside your body. Lead is toxic and can have serious effects on your health.

If your workplace has lead, you might unknowingly bring Lead dust home on your clothing or belongings, posing a risk to your family. Lead dust can be ingested, touched, or inhaled by those living with you, and even your vehicle may carry the contamination. However, there are many actions you can take to protect your loved ones.

In addition to specific job settings that pose risks of lead exposure or risks of carrying lead home, we have identified lead presence in some common consumer products and those include metallic and ceramic cookware, foodware, adulterated spices—mainly in turmeric and red chili, some paints, toys and cosmetics.

What health effect does lead exposure cause?

Lead is a potent neurological and cardiovascular toxicant. Even those who appear healthy may have high levels of lead as its symptoms are not so obvious and visible, and health symptoms among adults caused by lead exposure include high blood pressure, joint and muscle pain, difficulties with memory or concentration, headache, abdominal pain, mood disorders, reproductive difficulty

Prevent lead exposure for you and your family's health

- Always follow occupational health and safety guidelines
- Always wear the required personal protective equipment (PPE) correctly - such as goggles, gloves, boots, and other protective clothing, prevent contact while working around lead.
- Avoid touching your face and mouth while handling lead-containing products.
- Wash your hands with soap designed to remove lead as soon as you can after working with lead and before eating or drinking anything.
- Never leave from your workplace without cleaning up, even if just for a quick trip.
- Don't take home tools, scrap, and packaging from your workplace that may have lead on them.
- Always shower and change out your work clothes and shoes before going home. Leave and clean your dirty clothes at work.

If your workplace doesn't have laundry services

- Change into new clothes and store work clothes in a closed plastic bag away from all other clothes.
- Wash and dry work clothes alone and not with any other clothes.
- Clean your vehicle and your home often. For hard floors and furniture, use wet cleaning methods. For carpets and fabrics, use a vacuum cleaner

