

Lead can be found in unexpected places

Know where there might be lead and how to protect yourself from exposure.



Lead exposure is a known health risk. Fortunately, lead exposure has declined significantly over the last 30 years due to the removal of lead from paint, gasoline, and other products. However, sources of lead exposure still remain. Studies have identified that even lower levels of lead exposure can cause health effects, particularly for unborn or young children, who are more sensitive to lead exposure and whose behaviour and intellectual development can be effected. That's why it's important to know how lead exposure happens, and what you can do to reduce exposure for yourself, your family, and children in your care.

Working with lead

Some industries and hobbies require the use of lead, which can be harmful if not handled correctly. Increased lead exposures can occur in the home if household members bring lead dust home on their clothes or in their vehicles or by the use of lead in the home, in an occupation or hobby.

If you work in an occupation where lead exposure is possible, follow all workplace safety precautions and take precautions not to bring lead dust home with you.

Since lead can be found in products such as ammunition, fishing weights, solder, old paint, and some pottery glazes, which may be handled in the home, care must be taken to avoid increased lead exposures in the home as well. Common hobbies that may involve lead include activities like making stained glass, pottery, refinishing old furniture, and making lead fishing weights. These hobbies may result in exposure to harmful lead vapours and dust in the household.

Women of childbearing age may wish to avoid occupations and hobbies with the potential for high lead exposure.



Here's what you can do about it:

- Use personal protective equipment: masks, goggles, gloves, boots, protective clothing when working with lead
- Do not eat or drink when working with lead
- Keep surfaces clean
- Change your clothes and wash or shower after working with lead
- Keep lead-contaminated laundry away from other laundry
- Ensure proper ventilation
- Keep children and pregnant women out of the area when working with lead

If you have further questions about lead exposure, contact Health Links — Info Santé at 204-788-8200 or toll-free at 1-888-315-9257; or contact Workplace Safety and Health at 204-957-SAFE (7233) or toll-free at 1-855-957-SAFE (7233).