

THERE ARE TWO WAYS LEAD CAN GET INTO YOUR BLOOD

INHALATION

by breathing in dust and fumes

INGESTION

by eating or passing hand to mouth

**USE THIS GUIDE
TO HELP KEEP
YOUR BLOOD
LEAD LEVEL TO
A MINIMUM**

If you would like further details on health and safety with regard to lead please contact the Lead Sheet Association.

Details of hand wipes and specific washing preparations are also available.

Details can be obtained from:

01622 872432



The Lead Sheet Association Limited
Unit 10 Archers Park
Branbridges Road
East Peckham
Tonbridge
Kent, TN12 5HP

Tel: 01622 872432

Fax: 01622 871649

Email: info@leadsheet.co.uk

Website:

www.leadsheet.co.uk

LEAD IN BLOOD LIMITS ARE COMING DOWN

**KEEP CLEAN
KEEP HEALTHY
KEEP WORKING**



Wear gloves when handling lead



Don't eat or drink when working with lead



Don't smoke when working with lead



Apply a barrier cream before starting work



Keep your hands away from your face



Don't bite your fingernails and keep them cut short



LEAD SHEET ASSOCIATION

LEADWORKER'S SAFETY



Scrub hands thoroughly when you finish work and before eating or smoking



If possible, use a proper hand cleaner



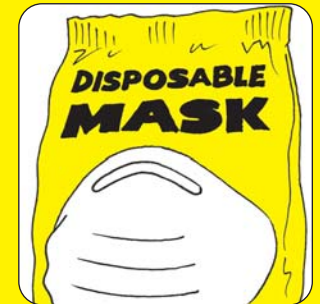
Use heavy duty hand wipes if running water is not available



Wear a mask when welding



Wear a mask when stripping old lead



Make sure masks are clean. Check filters or use disposable masks



Use tissues rather than a handkerchief



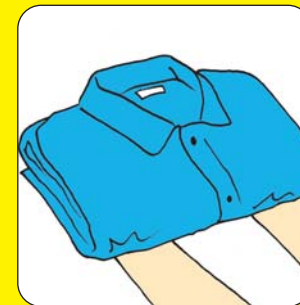
Beards can prevent masks sealing properly



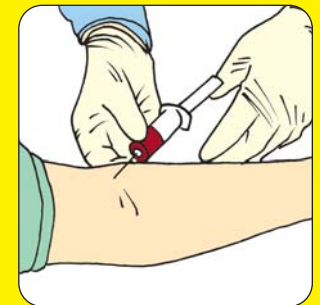
Remove work wear before leaving site



Handle dusty overalls with care



Wash overalls separately



Ensure your blood lead levels are tested regularly