

Protect Yourself from Workplace Lead Exposure

Who is at Risk?

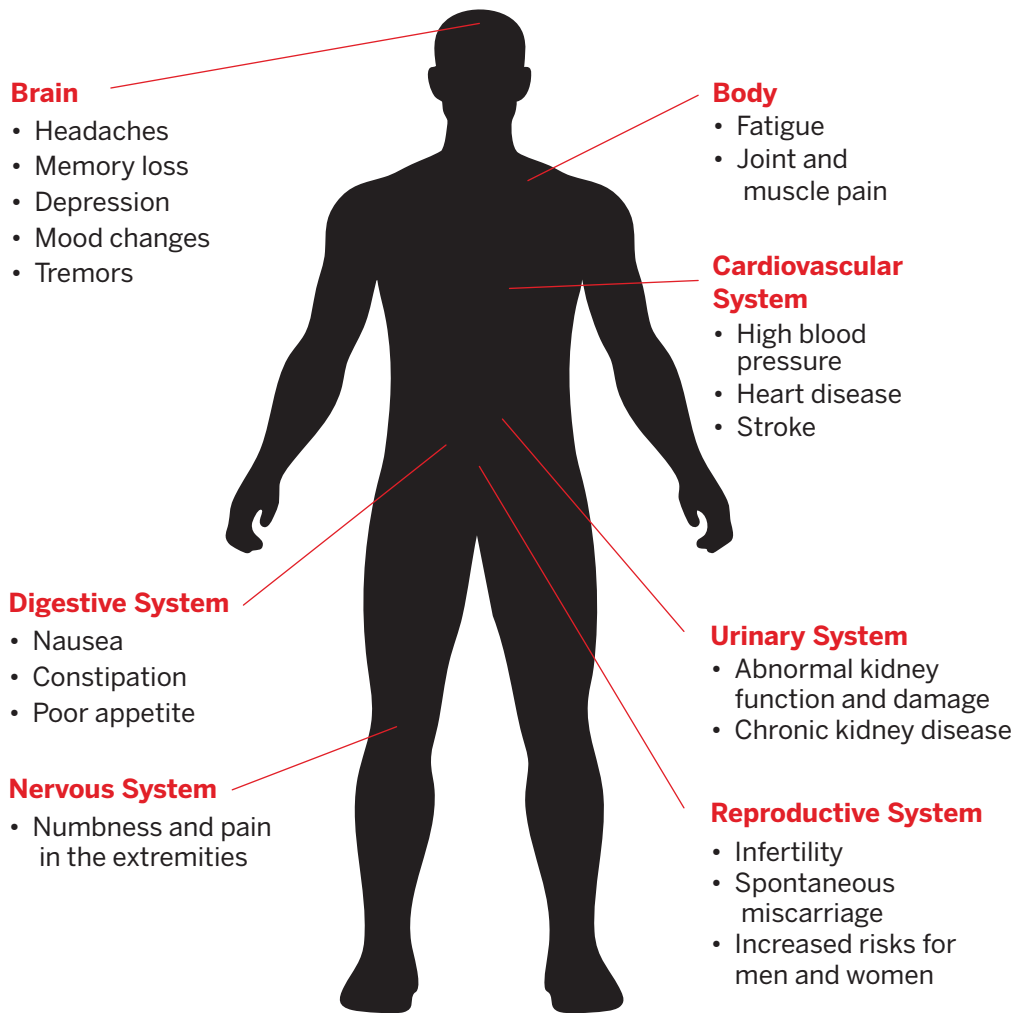
Some jobs may expose you to lead dust or fumes — even if you don't see it.

- ▶ Construction & Renovation
- ▶ Battery Recycling & Auto Repair
- ▶ Foundries & Manufacturing
- ▶ Shooting Ranges



Why it Matters?

Even low levels of lead can harm the body and cause serious health problems in adults.



How to Protect Yourself

Don't bring lead home.

- ▶ Wash hands before meals
- ▶ Do not eat or drink in work areas
- ▶ Shower and change clothes before leaving work
- ▶ Keep boots and work clothes out of your car and home
- ▶ Wash work clothes separately

Eat smart.

Certain foods can reduce how much lead your body absorbs:

- ▶ **Calcium:** Milk, yogurt, cheese, leafy greens
- ▶ **Iron:** Beans, spinach, lean meats, fortified cereals (w/iron added)
- ▶ **Vitamin C:** Oranges, peppers, tomatoes, berries

Stay active.

- ▶ Aim for at least 30 minutes of physical activity most days
- ▶ Choose activities you enjoy walking, dancing, cycling, or sports

Avoid unhealthy habits.

- ▶ Do not smoke — it increases heart, lung, and kidney risks
- ▶ Limit alcohol — too much can harm your liver and blood pressure



See Your Doctor

Talk to your medical provider today.

- ▶ Ask about blood lead testing if you have exposure concerns
- ▶ Get regular blood pressure, kidney, and health checks

Learn More

- ▶ For more information about Workplace Lead Exposure **scan or click the QR code.**

