

# Adult Safety

Prevention

Adult Safety

I O W A  
**LEAD**  
PROGRAM

Child Safety

Certification

**Lead does NOT do a body good!**

**Lead exposure in adults can cause short-term and long-term health problems. Some adult effects of lead poisoning include:**

- ✓ Difficulties during pregnancy
- ✓ Reproductive problems for both men and women
- ✓ Cardiovascular and kidney problems
- ✓ High blood pressure
- ✓ Digestive and nerve disorders
- ✓ Memory and concentration problems
- ✓ Muscle and joint pain
- ✓ Glaucoma and anemia



## **Adult lead exposure safety**

- ◆ Know your risks
- ◆ Control your risks
- ◆ Get tested - lead affects your health

## **Keep yourself and others safe**

- ◆ Work lead-safe
- ◆ Wash-up, clean-up
- ◆ Don't take lead home from the job



# Got lead? Work smart!

Some of the Iowa industries with potential adult lead exposure:

- ◆ **Manufacturing:** automotive (storage) batteries, metal parts or fixtures, industrial machinery, scrap metal and electronics recycling
- ◆ **Residential and Industrial Construction:** renovators, painters, welders and plumbers
- ◆ Indoor firing range employees and/or users
- ◆ Lead, iron, brass and aluminum foundries or smelters
- ◆ Radiator shops
- ◆ Stained glass artisans



**IDPH**  
IOWA Department  
of PUBLIC HEALTH

## Got lead? Work smart!

For more information contact the Iowa Department of Public Health.

**800-972-2026 idph.iowa.gov**



# Certification

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**Get trained!**  
**Get certified!**  
**Get to work!**



**Anyone who does work on residential properties built before 1978 must be certified and follow lead-safe regulations.**

- ✓ **Get trained!** Take a lead certification training course from an Iowa approved training provider.
- ✓ **Get certified!** Submit an application to the Iowa Department of Public Health to get certified.
- ✓ **Get to work!** Follow Iowa's lead-safe work practices.



## Professional certification types:

- ◆ Lead-safe renovator
- ◆ Lead abatement contractor
- ◆ Lead abatement worker
- ◆ Lead inspector/risk assessor
- ◆ Sampling technician



## Information Available:

Certification Rules

Online Certification

Lead Professional Certification Listserv

Iowa Approved LBP Training Providers

List of Upcoming Courses

Pre-Renovation Notification Program



**Get trained! Get certified! Get to work!**

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**Get trained!  
Get certified!  
Get to work!**

# Adult Safety



## Lead does NOT do a body good!

Adults with a risk of lead exposure should be tested periodically. If you don't get tested at work, ask your personal doctor to order a lead test.

Already exposed to lead? Ask your doctor how lead exposure could be harming your health. Some effects are permanent.

The primary treatment for lead poisoning is to stop or reduce exposure.

### Adult lead exposure safety

- ✓ Know your risks
- ✓ Control your risks
- ✓ Get tested – lead affects your health

### Keep yourself and others safe

- ✓ Work lead-safe
- ✓ Wash-up, clean-up
- ✓ Don't take lead home from the job

Keep yourself and your family safe. Learn how to minimize your risks of lead exposure by working safely around lead.



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# If you work with lead, do you know your blood lead level?



## Health-based concerns for adults and children of pregnant women exposed to lead

Blood Lead Level (BLL) mcg/dL	Short-term risks, impacts BLL less than 1 year (possible risks)	Long-term risks, impacts BLL more than 1 year (possible risks)
< 5	None documented	None documented
5 – 9	<ul style="list-style-type: none"> <li>Spontaneous abortion</li> <li>Postnatal developmental delay</li> </ul>	<ul style="list-style-type: none"> <li>Spontaneous abortion</li> <li>Postnatal developmental delay</li> <li>Hypertension/kidney dysfunction</li> </ul>
10 – 19	<ul style="list-style-type: none"> <li>Spontaneous abortion</li> <li>Postnatal developmental delay</li> <li>Reduced birth weight</li> </ul>	<ul style="list-style-type: none"> <li>Spontaneous abortion</li> <li>Postnatal developmental delay</li> <li>Reduced birth weight</li> <li>Hypertension/kidney dysfunction</li> <li>Neurocognitive deficits</li> </ul>
20 – 29	<ul style="list-style-type: none"> <li>Spontaneous abortion</li> <li>Postnatal developmental delay</li> <li>Reduced birth weight</li> </ul>	<ul style="list-style-type: none"> <li>Spontaneous abortion</li> <li>Postnatal developmental delay</li> <li>Reduced birth weight</li> <li>Hypertension/kidney dysfunction</li> <li>Neurocognitive deficits</li> </ul>
30 – 39	<ul style="list-style-type: none"> <li>Spontaneous abortion</li> <li>Postnatal developmental delay</li> <li>Reduced birth weight</li> </ul>	<ul style="list-style-type: none"> <li>Spontaneous abortion</li> <li>Postnatal developmental delay</li> <li>Reduced birth weight</li> <li>Hypertension/kidney dysfunction</li> <li>Neurocognitive deficits</li> <li>Non-specific symptoms*</li> </ul>
40 – 79	<ul style="list-style-type: none"> <li>Spontaneous abortion</li> <li>Postnatal developmental delay</li> <li>Reduced birth weight</li> <li>Neurocognitive deficits</li> <li>Non-specific symptoms*</li> <li>Sperm abnormalities</li> </ul>	<ul style="list-style-type: none"> <li>Spontaneous abortion</li> <li>Postnatal developmental delay</li> <li>Reduced birth weight</li> <li>Hypertension/kidney dysfunction</li> <li>Neurocognitive deficits</li> <li>Non-specific symptoms*</li> <li>Sperm abnormalities</li> <li>Anemia/colic/gout</li> </ul>
80 +	<ul style="list-style-type: none"> <li>Spontaneous abortion</li> <li>Postnatal developmental delay</li> <li>Reduced birth weight</li> <li>Neurocognitive deficits</li> <li>Non-specific symptoms*</li> <li>Sperm abnormalities</li> <li>Encephalopathy</li> <li>Anemia/colic</li> </ul>	<ul style="list-style-type: none"> <li>Spontaneous abortion</li> <li>Postnatal developmental delay</li> <li>Reduced birth weight</li> <li>Hypertension/kidney dysfunction</li> <li>Neurocognitive deficits</li> <li>Non-specific symptoms*</li> <li>Sperm abnormalities</li> <li>Anemia/colic/gout/nephropathy</li> </ul>



\* Headache, fatigue, sleep disturbance, anorexia, constipation, arthralgia, myalgia, decreased libido, etc.

# Prevention



**Lead poisoning is 100% preventable.**

## **Is Working with Lead a Problem for Your Family?**

If you work with lead in your job or hobby, you can expose your children by bringing lead home. Some employers are required to ensure that workers do the following to protect their families from lead:

- Change into work clothes and shoes at work.
- Keep street clothes and shoes in a clean locker or plastic bag or tote.
- Remove work clothes and shoes and leave them at work.
- Shower before putting on street clothes and shoes.

If your employer does not provide a place to shower or change, or if you have a hobby that exposes you to lead, you can still take steps to protect your family:

- Wash your hands, arms and face before getting in your car.
- If possible, change your shirt and shoes and put them in a plastic bag or tote in your trunk before getting in your car.
- Clean the interior of your car often to remove lead from the seats and steering wheel.
- Do not wear work clothes or shoes into your home beyond a place that can be cleaned regularly.
- Remove work clothes and shower before touching anyone or anything in the house.
- Keep all work clothes and shoes away from children.
- If you need to wash work clothes at home, do it separately from other clothes.
- Keep children out of hobby areas involving lead.





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