

Reduce Take Home Lead

Young children absorb 50% of the lead that they are exposed to whereas adults absorb 10%. Young children are further at risk due to their hand to mouth activities.

To avoid putting your family at risk:

- > Don't take home items, equipment or vehicles used at work sites
- > Use washing & showering facilities if available at work site
- > Make sure you have showered and washed your hair before interacting with children & pregnant women
- > Once clean don't do activities which may re-contaminate you & your clothes
- > Don't go home for lunch in work clothing
- > Store & wash work clothes separately from family clothes
- > Don't have baby/child car seats or any baby/child equipment in work vehicles.

Cleaning includes not only the removal of visible debris but also the removal of lead dust particles which are too small to be seen by the naked eye.

Contractors in Port Pirie



For more information

Environmental Health Centre
117 Gertrude Street
PORT PIRIE SA 5540
Telephone: 8638 4100
www.health.sa.gov.au
www.pirie.sa.gov.au
www.pprhs.sa.gov.au

Non-English speaking: for information in languages other than English, call the interpreting and Translating Centre and ask them to call The Department of Health. This service is available at no cost to you, contact (08) 8226 1990.

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Contractors in Port Pirie

Be an Informed Worker

Contractors working in and around Port Pirie are at risk of being exposed to lead dust and fumes. Such exposure can result in an increased absorption of lead in the body.

Lead enters the body by absorption through the lungs and stomach and is transported around the body in the blood stream. In a healthy adult much of this lead is excreted, however some may be deposited in body tissue and bones.

An increased absorption of lead can affect your blood making, renal and nervous systems. Prolonged excessive absorption of lead may result in adverse health effects such as headaches, tiredness, constipation and weight loss.



Know your Blood Lead Level

A blood lead test is a simple finger prick and will tell you your blood lead level.

Workers should have a blood lead test

- > Before starting the contract
- > During the contract (depending on length of contract)
- > At the end of the contract.

Keep your Blood Lead Level to a minimum

- > Wash & dry your hands before eating & drinking
- > Don't smoke whilst working
- > No eating or drinking on site
- > Use protective clothing & equipment including masks & respirators (P2 dust & fume rated)
- > Eat regular meals and a healthy diet high in calcium & iron (empty stomachs aid lead absorption).



Use Lead Safe Practices

Use work practices that minimise the spread of airborne dust.

This includes:

- > Using water to suppress dust contamination by dampening down areas and surfaces
- > Seal work area off using plastic & tape. Cover floors, doors, windows & openings to contain dust in work area
- > Wear protective clothing including overalls, gloves and work boots
- > Wear protective equipment, face masks or respirators (P2 dust & fume)
- > Trucks should have good seals & air-conditioned cabins
- > Loads should always be covered
- > All windows on vehicles should be closed at all times
- > Use a clean area for eating & drinking away from the worksite
- > Discourage family visits to work sites.

Remember time taken to prepare the work area will prevent other parts of the building being contaminated & make clean-up easier.

PLAN
BE AWARE
PROTECT
CLEAN-UP